



Tuesdays & Thursdays

10:45 – 11:45am

Generator Society Hall at the Bald Head Association Center
(111 Lighthouse Wynd)

Walk-in fee \$20 per class
8 Session Discount Card \$120

Open to everyone!

Bring your own mats and exercise balls

Instructor: Kathy Craven, NETA Certified
910-448-2693 or kcraven@hotmail.com

Visitors — Please call
Island Residents — Please check your email



Bald Head Association ~ “The voice for BHI property owners”

Sponsored by:

BHA's Socialization, Education & Recreation (SER) Committee

910-457-4676 • 111 Lighthouse Wynd, Bald Head Island • www.BaldHeadAssociation.com