



Tuesdays & Thursdays

10:45 – 11:45am

BHA Generator Society Hall in the Association Center

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