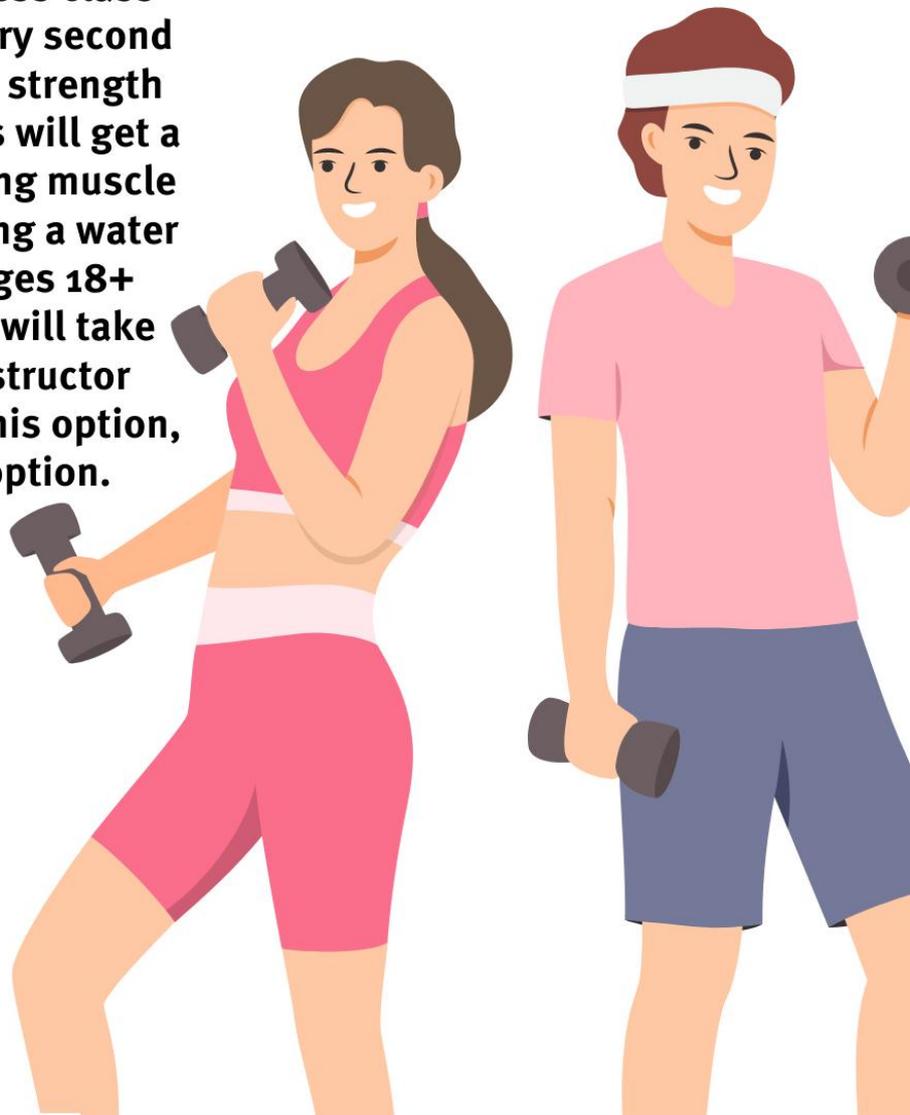


FIT 45

Join this high energy class for a 45 minute workout! Fit 45 is an easy to follow, intermediate level group fitness class that will make the most of every second you give it. Using a variety of strength and cardio moves, participants will get a full body workout while building muscle and endurance. Be sure to bring a water bottle and stretching mat. Ages 18+ Occasional Saturday classes will take place via Zoom based on instructor availability- to participate in this option, select the added \$5 price option.



Carver Elementary School
Tuesdays,
Nov 1 - Dec 20
5:30 - 6:15 PM

Carver Elementary School)
Tuesday, Nov 8
5:30 - 6:00 PM

Online
Mon/Thu, Oct 31 - Dec 22
6:15 - 7:00 AM



 **ECCCS**
COMMUNITY EDUCATION

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