



NEW CLASS: CrossSculpting



Instructor: Linda Stein

Tuesdays & Thursdays
5:30pm-6:30pm

Fee: Residents: \$7/class; Non-residents: \$8/class
See instructor for monthly rate discount

Classes are now forming for this **NEW** fitness class for men and women ages 55+. Perform a variety of functional movements with and without weights for enhanced core and muscle strength. You will see personal gains in fitness and balance! If interested, please call/email us and we will let you know when we will begin. We anticipate class to begin mid-February, pending interest.

Ellington Senior Center
40 Maple Street - Ellington
860-870-3133

<http://seniorcenter.ellington-ct.gov>

Email instructor with questions:
ljstein6@gmail.com

