

FREE FITNESS WEEK

CELEBRATE THE COMMUNITY CENTERS
BIRTHDAY WITH 5 DAYS OF FREE FITNESS
CLASSES

March 4-8

All Classes. All Week. All Free.

Daytime Fitness Classes

Monday

danceOFF 9:45am-10:45am *

Mature Movers 11am - 12pm

Tuesday

Cardio Tone 9am - 10am

Tai Chi 10am - 11am

Mature Movers 11:30am - 12:30pm

Wednesday

Stability Ball Strength 9am - 10am

Pilates 10am - 11am

Chair Yoga 12:30pm - 1:15pm

Thursday

Tai Chi 10am - 11am

Friday

Barre Fusion 9am - 9:45am *

Mature Movers 10:30am - 11:30am

Pilates 11:45am - 12:45pm

Evening Fitness Classes

Monday

Tone & Strength 6 - 6:50pm *

Zumba 7pm - 8pm *

AB Attack 8pm - 8:30pm *

Tuesday

Tae Kwon Do – Designed for kids Age 7 & Up. 6pm - 8pm

Tai Chi at the Clayton Center 7pm - 8pm

Wednesday

Body Blast 6pm - 7pm *

Barre Fusion 7:10pm - 8pm *

Thursday

Dance Fitness with Jenn 6pm - 7pm *

Yoga 7:10pm - 8pm *

Tai Chi at the Clayton Center 7pm - 8pm

*Free childcare provided for children age 3 months to 12 years.

No Pre-Registration or Membership required

All Classes are for ages 16 & up, unless otherwise stated

Sign up for a Fitness Class after you try it out & Save!

Any class that you sign up for during Free Fitness Week,
you will receive a 10% discount.

.Only for classes starting between March 11-20.

Free Fit Week Challenge

Participate in ALL Evening or ALL Daytime Fitness classes for the whole week and
receive a \$20 Gift Card to the Community Center*

*Participants must sign in and attend the whole class. Tae Kwon Do not included. You only have to choose one of each class. For example you do not need to go to all 3 Mature Movers, just pick one of the times that it is offered.



Town of Clayton Parks and Recreation Department

www.ClaytonParks.org

(919) 553-1550