

Hopewell Recreation & Parks

presents

Good Body Fitness



Monday			6:30pm – 7:15 pm
			Zumba

Tuesday	Women's Self Defense (Patrick Copland location)	6:00 pm – 6:45 pm	7:00 – 7:45
	4:30 – 5:15	Low Aerobics	Zumba

Wednesday			6:30 pm – 7:15 pm
			Zumba

Thursday	Low Aerobics (Patrick Copland location)	6:00 pm – 6:45 pm	7:00 – 7:45
	4:30 – 5:15	Women's Self Defense	Zumba

Friday		5:30 pm – 6:15	6:30 pm – 7:15 pm
		Kickbox Cardio	Zumba

Saturday	11 a.m – 11:45 a.m.
	Zumba

December 1st – January 31st

Swipe Card

45 classes per Session - \$85.00

30 classes per Session - \$55.00

15 classes per month - \$30.00

Additional swipes - \$3.00 per swipe

Guest Pass - \$ 6.00

No classes on the following date: December 23rd, 24th, 26th, January 2nd, 13th, 16th,

For more information call Hopewell Recreation and Parks 541-2353