



# F-R-E-E FITNESS WEEK!

Zumba with Michelle, Aerobics with Debbie and Donna, Senior Fitness with Young McWhinnie, and Penacook Community Center, Inc. have joined forces to help you jump-start your fitness routine for 2019 with a week of **FREE classes!**

**DATES:** January 7<sup>th</sup> through January 12<sup>th</sup>, 2019

**CLASS SCHEDULE:** (located in PCC gymnasium)

Adult Fitness	Senior Fitness
Monday 5:45pm-6:45pm Zumba (half toning/half regular)	Tuesday 1:00pm-2:00pm Tai Chi
Tuesday 5:30pm-6:30pm Aerobics	Wednesday 9:00am-10:00am Footsteps for fitness
Wednesday 5:45pm-6:45pm Zumba (half toning/half regular)	Thursday 9:00am-10:00am Footsteps for fitness
Thursday 5:30pm-6:30pm Aerobics	Thursday 10:15am-11:00am Tai Chi
Saturday 8:30am-9:30am (regular Zumba only)	

*You don't want to miss this! We are also raffling off a year-long membership to PCC! \$45.00 savings!*

