

**TOMAH**  
*Parks & Rec*

# GET ON THE BALL WITH FITNESS CLASSES!

## **WORKOUT SERIES SESSION 1**

RHONDA VON HADEN AND JENNIFER WHIPPLE INVITE YOU TO COME AND JOIN  
THE WINTER WORKOUT SERIES

***ALL CLASSES WILL BE HELD IN THE GOLD BUILDING AT  
RECREATION PARK,***

**VARIETY OF WORKOUTS TO INCLUDE STABILITY BALL  
WORKOUT, PILATES, STRENGTH TRAINING AND AEROBICS!**

SO COME GIVE IT A TRY IT GET RID OF THE WINTER BLUES!

**TUESDAYS AND THURSDAYS**

**4:45PM-5:30PM**

**NOVEMBER 8TH - DECEMBER 20TH**

**NO CLASS NOVEMBER 24TH**

**RECOMMEND TO BRING YOUR OWN  
MAT, LIGHT WEIGHTS,  
WATER BOTTLE**

**\$3 PER CLASS OR  
FIT PUNCH PASS \$20 FOR 10 CLASSES**

