

Early Bird Exercise:

What else is going on at 5:30 AM. So come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls. Fall Class schedule will be Mon. Wed., & Fri. from 5:30—6:30AM. We are currently in session, so come on down and give it a try! Please call the Holderness Recreation Office for more information 968-3700

Cost: \$50 (12-week session)

Instructor: Anne Packard

Adult Yoga—all levels

Lori Card has been teaching yoga in Holderness for almost a year now. She has a wonderful personality and truly enjoys sharing yoga with us. She is currently offering adult Yoga for all levels on Wednesday evenings 5:30-6:45 and Tuesday & Thursday mornings 9—10:15. Classes are on going. A punch card for 6 classes is \$60 or \$12 drop in.

Children & Family Yoga:

Lori would also like to offer children's or Family yoga on Wednesday afternoons.

Come together in a lighthearted environment for individual, partner and family yoga fun! Age and developmentally appropriate yoga poses, animated breathing exercises and soothing relaxation techniques awaken the inner-child of all age participants. Laughter and love fill each class and is sure to inspire the entire family's relationship.

If you are interested please call or email the recreation office so we can determine how many there will be. The cost for this class is \$8 / class