

# Early Bird Spring 2016

## *Early Bird Exercise*

**Classes are ongoing**

Only the birds and you are up, 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 Monday, Wednesday and Friday from 5:30—6:30AM. We are currently in session, so come on down and give it a try!

**Cost:** \$50 (12-week session)

**Instructor:** Anne Packard

**Location:** Holderness Central School—enter through the main front door of the school promptly at 5:25.

Holderness Recreation, P.O. Box 203, Holderness, NH 03245. 968-3700, [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov), [www.holderness-nh.gov](http://www.holderness-nh.gov)