

# Early Bird Exercise Winter 2024 With Anne Packard

It's only us and the birds this early, so come out and join us for a great eye opener at a great price with great people.

Anne's workouts will incorporate hi/lo impact workouts, step aerobics & free weights. Spring class schedule is Monday, Wednesday and Friday from 6:00—7:00AM.

Pre-registration is required and classes are ongoing. Come on out and try a class to see if it fits your schedule.

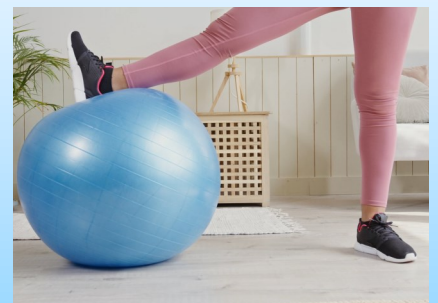
**Cost:** \$50 (12-week session)

**Instructor:** Anne Packard

**Location:** Holderness Town Hall, 1089 US Rt 3



**Live, Move, Be Healthy**



To register please contact Holderness Recreation at 968-3700, [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov) or visit [www.holderness-nh.gov](http://www.holderness-nh.gov).