

Recreation Fitness Program

Session 2

Come on out and try our fitness pass program!



*POUND is a full body cardio workout using drum sticks



*YOGA is a combo of physical exercise, mental meditation, and breathing techniques



*ZUMBA is a Latin inspired dance fitness class

Punch Cards Available

In District

6 Punch Card- \$25
12 Punch Card- \$45
18 Punch Card- \$65
24 Punch Card- \$85
Drop in rate- \$6

Out of District

6 Punch Card- \$40
12 Punch Card- \$75
18 Punch Card- \$110
24 Punch Card- \$145
Drop in rate-\$8

Class Schedule

Tuesday

6-7pm- ZUMBA with Marriah
6-7pm- YOGA at The Place at Center

Wednesday

6-7pm- POUND with Jamie

Thursday

6-7pm- ZUMBA with Marriah

The Session 2 Fitness Pass Program runs from September 18th - December 20th.

Sign up for the punch card that fits your schedule. Punch cards CANNOT be carried over to the next session. In District prices are for residents of The Village of Canastota and the Town of Lenox. All classes are 1 hour long. For all classes we recommend that you bring a water bottle. For POUND & YOGA we recommend that you bring a mat. ZUMBA and POUND will be held in the gymnasium at Southside Elementary School and YOGA will take place at the studio "The Place at Center" which is located at 108 Center Street. When after-school activities are cancelled, all fitness programs will be cancelled.