

# Town of East Longmeadow RECREATION

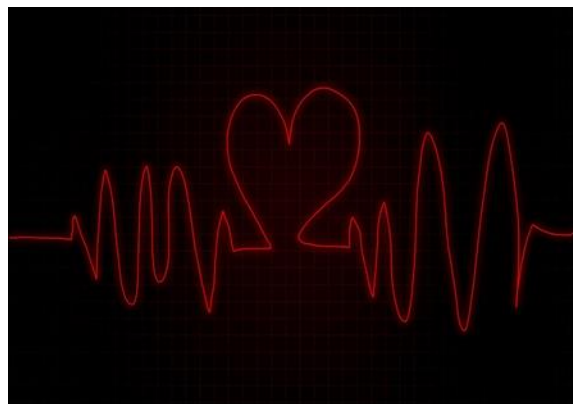
## Fall Classes

### Cardio Strength

**Sept 18 - Nov 9** Mondays & Thursdays  
6:00 – 7:00 PM

\$50 for 16 classes!

With Wellness Program discount, it's only \$30!!



### Yoga

**Sept 18 - Nov 6** Mondays 7:00 – 8:00 PM

\$40 for 8 classes!

With Wellness Program discount, it's only \$24!!

### Stretch & Roll

**Sept 21 – Nov 9** Thursdays 7:00 – 8:00 PM

\$40 for 8 classes

With Wellness Program discount, it's only \$24!!

No classes on holidays or school breaks. Instructors will notify participants of make-up classes.

Please call the Rec Department at 525-5437 for more information.

If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you will receive the 40% discount when you register for these classes at East Longmeadow Recreation Department in the Pleasant View Senior Center Building, 328 North Main Street.

