

MEMBERS AND NON-MEMBERS 50 AND OVER ARE INVITED TO THE

SPRING FLING!!!!

IT HAS BEEN A LONG WINTER AND IT'S TIME TO GET OUT OF THE HOUSE AND HAVE SOME FUN!!!! HAVE YOU EVER WONDERED IF A CERTAIN CLASS WAS FOR YOU? WELL NOW IS THE TIME TO **SAMPLE THEM ALL FOR FREE!!!!** NOT ONLY DO MEMBERS GET TO TRY THESE CLASSES FOR FREE, BUT THEY CAN INVITE ANYONE 50 OR OLDER TO ALSO ATTEND FOR **FREE!!!!**

Please Note: Due to limited space, pre-registration is required. Please call 889-6155 or visit the front desk.

MONDAY MAY 17TH

9AM MOVING TO MUSIC

with Susan (Greeley Park)

10:30AM TAI CHI

with Susan (Greeley Park)

1PM CULTIVATE YOUR POSITIVE ENERGY

with Lisa (Greeley Park)

5:30PM AEROBICS

with Sylvie (NSAC)

TUESDAY MAY 18TH

1 PM VETERAN'S MAT YOGA

with Terri (Greeley Park)

(Veterans, First Responders & Spouses only)

WEDNESDAY MAY 19TH

9 AM GET FIT & STRONG

with Kevin (Greeley Park)

10AM COFFEE WITH CLAYTON

(Greeley Park)

1PM TAI CHI

with Connie (Greeley Park)

THURSDAY MAY 20TH

10AM AEROBICS

with Sylvie (NSAC)

MONDAY MAY 24TH

9AM BEGINNER'S TAP

with Rosemary (Hudson American Legion)

TUESDAY MAY 25TH

10:15AM MAT YOGA

with Terri (Greeley Park)

9AM Aerobics

with Bev (Greeley Park)

WEDNESDAY MAY 26TH

1PM CORN HOLE

with Jerry (Greeley Park)

2PM TRIVIA

with Elizabeth and Friends (NSAC)

THURSDAY MAY 27TH

10:45AM CHAIR YOGA

with Janice (NSAC)

1PM WATER AND OIL ART DEMO

with Mary (NSAC)

4:15PM MAT YOGA

with Terri (Greeley Park)

SEE YOU THERE!!!

NOTE: Many of the 4-6 week sessions begin the following week after each meet and greet. For more information pick up flyers at the front reception desk.

DON'T MISS OUT ON THE FREE DOOR PRIZE DRAWINGS!

(See details below on how to earn extra tickets and a list of door prizes)

HERE ARE THE DETAILS ON HOW YOU CAN EARN EXTRA DOOR PRIZE TICKETS:

- *For every session **you** attend you will receive **1** door prize ticket
- *For every **guest** you bring you receive **3** additional tickets (per guest)
- * For every **staff** member you get to participate you will receive **5** additional tickets
- *For every **board member** you bring to participate you receive **10** additional tickets
- * All **new members** who sign up between May 17th – 31st receive **10** additional tickets



DOOR PRIZES

FREE 1 YEAR MEMBERSHIP
FREE 6 WEEK CLASS OF YOUR CHOICE
FREE 1 YEAR FITNESS ROOM MEMBERSHIP
FREE TICKET TO LUNCHEON AT ALPINE GROVE

GIFT CARDS....

Bill Cahills Super Subs
Chunky's Cinema & Pub
Gas Card
The Lobster Boat
Nashua Car Wash & Detail Center
T-Bones
...just to name a few

GRAND PRIZE BASKET WITH A VALUE OF \$250.00



REMEMBER THE MORE PEOPLE YOU BRING THE MORE CHANCES YOU GET!

(Door prizes will be drawn on Tuesday, June 1st)

MANY THANKS TO ALL OUR TALENTED INSTRUCTORS FOR DONATING THEIR TIME FOR THESE FREE CLASSES.