



FALL 2019 PROGRAMS

	Residents	Non-Residents	Meets	Time	Location	Begins	Ends	# of classes
Belly Dancing <i>Tina Berrier</i>	\$45	\$50	Thursdays	7:00 - 8:00 PM	WF Annex Building	July 18th	Aug 22nd	6
						Sept 12th	Oct 17th	6
Dog Training - Basic 101 <i>Anne Saunders</i>	\$85	\$85	Fridays	7:30 - 9:00 PM	WF Annex Building	Sept 13th	Oct 25th	7
Doggie Rally/Agility <i>Anne Saunders</i>	\$85	\$85	Wednesdays	7:30 - 9:00 PM	WF Annex Building	Sept 18	Oct 30	7
						Nov 6th	Dec 18th	7
Cardio Kickboxing <i>Allison Ramsey</i>	\$56	\$60	Mondays & Wednesdays	6:00 - 7:00 PM	West Creek Hills Gymnasium	Aug 26th	Oct 16	14
						Oct 21st	Dec 18th	14
HIIT Classes <i>Nicole Harris</i>	\$45	\$50	Tuesdays & Fridays	<u>Beginner</u> 5:45 - 6:15 PM <u>Regular</u> 6:30 - 7:15 PM	WF Annex Building	Ongoing	Punch Card	12 per card
MAI Tai Chi <i>Andrew Baker</i>	\$65	\$70	Mondays	7:00 - 8:00 PM	WF Annex Building	Sept 16th	Dec 19th	12
Senior Wellness <i>Mary Stine</i>	FREE 55 years+	Residents Only	Tuesdays & Thursdays	11:00 AM - Noon	WF Annex Building	Aug 29th	Dec 19th	17
Zumba Gold <i>Lisa Lynch</i>	\$35	\$40	Tuesdays	9:45 - 10:45 AM	WF Annex Building	Aug 13th	Sept 17th	6
						Sept 24th	Oct 29th	6

Sign-up online at eastpennsboro.net or Call 717-732-0711, option 3