

BERKS ENCORE WERNERSVILLE 610-670-1372

NEW CARDIO/STRENGTH/STRETCH VARIETY OF EXERCISES WITH TAMMY HARTMAN
COST \$5 EVERY MONDAY AT 1:30 \$5 per class

CHAIR YOGA -EVERY MONDAY AT 12:30 WITH KATHY \$4

ADVANCED CHAIR YOGA—TUESDAYS AT 12:35 W/ KELLY ARNOLD \$5 PER CLASS

AEROBICS: EVERY TUESDAY AT 9:45 A.M.
WITH KATHY HARTMAN \$3.50 PER CLASS

SIT & GET FIT: EVERY MONDAY & WED.
WITH MARGE EHST AT 9:15 A.M. \$1 PER CLASS

TAI CHI: EVERY MONDAY AT 11 A.M. WITH
JAN GYOMBER \$5 PER CLASS

MASSAGES W/CATHY— 1ST MONDAY OF EACH MONTH
CALL FOR APPT. 610-670-1372 \$10/15 MIN.

ASIAN FUSION CLASS W/ JANET KU COMBINATION OF
PILATES, TAI CHI YOGA AND AEROBICS \$5 THURSDAYS AT 9 A.M.

LINE DANCING: EVERY FRIDAY AT 11:30 A.M. WITH
ALICE KEPPLEY \$20 PER QUARTER or \$2 per class

PRACTICE SOCIAL DANCING ON TUESDAYS AT 1:30 FOR FREE—ALL
WELCOME

ZUMBA GOLD CLASSES BY SHERRI ON
TUESDAYS AT 11:30 \$4 PER CLASS ALSO— EVERY FRIDAY WITH SHERRI AT 10:15 A.M.

CHAIR ZUMBA WITH SHERRI TUESDAYS AT 10:45

EXERCISE CLASS: FABS-FLEXIBILITY, AEROBICS, BALANCE & STRENGTH W/ SHIRLEY
LUTZ WEDNESDAYS AT 11 A.M. \$3

Tai Chi for Balance—Every Tuesday at 8:30 a.m. with Jeanne Brock,
Cost \$5

Senior PiYo Choreographic Fitness Yoga/Pilates excellent body toning every
Friday at 9 a.m. with Summer Jess cost \$3