

Cottonwood Community Center

20595 Gas Point Rd. *Next to Holiday Market*

Group Exercise Class Schedule

Time	Instructor	M	T	W	Th	F	Notes:
9:00 am	Mitzi / DeDe	X		X		X	All ages and fitness levels welcome. Low impact options demonstrated.
5:30 pm	Mitzi		X		X		

- \$30 per month – cash, check, or EFT
- \$5 for a Day Pass
- \$15 joining fee, *payable once*
- Please bring water and light hand-held weights
- More info call Mitzi Levy 966-0150, certified instructor