

Back to School, Back to YOU!

Better Body Fitness

Starting August 22nd for 6 weeks, Monday, Wednesday, and Friday's improve your overall well being physically and mentally by taking time for you! Our extensive wellness program consists of Cardiovascular Training, Resistance Training and Stretching, but we also provide Body Fat Testing, Measurements, and Nutritional Guidance.

On Monday, Wednesday and Fridays there will be a morning session from 8:30-9:45am and an afternoon session from 4:00-5:15pm.

On Mondays and Fridays there will also be a 5:45-7:00am class as well.

You will need to bring water, hand weights and yoga matt.

Sign up at City Hall, 425 Webster St. Classes will be held in the Auditorium in side City Hall.

3 days week is \$180.00 or 2 days a week is \$120.00, class sizes are limited to 25 people.

For more information about signing up please contact Lani at (530) 458-5890 x 101. For more information about the class please contact Lisa at (530) 624-3038 or Sheryl at (530) 458-5025.

