

Ditch the workout, join the party!

This class incorporates a combination of the most interesting and latest forms of aerobic exercise which include: hip hop, step, pump, Latin, kickboxing, yoga & Pilates.

FREE ONE TIME TRIAL

REGISTER NOW at the Salem Recreation Office.
60 N 100 E Salem

Holliday Session

Beginning Monday, November 23-January 4th **New Years Session**

Beginning Monday, January 4th-29th 6:30 - 7:20 AM

Classes will be every Mon/Wed/Fri for 4 weeks at the **Salem Community Center**.

FEE: \$30 for 4 weeks \$5.00 non-resident fee