

Get Healthy/Stay Healthy in 2019

With the



Monday & Wednesday

10:30-11:15am Young at Heart

6:00-6:40pm Walk 'n' Rock

6:45-7:30 H.I.I.T

Thursday

10:30-11:15am Young at Heart

5:30-6:15pm Circuit Training

Monday through Friday

Webster Center is open for walking 8:30-11:00am

