

CROSSINGS SPECIALTY ADULT CLASSES

One-piece Boot Camp!! (For those who have no

illusions about doing a “bikini boot camp”!)

Tuesdays, January 19th - March 2nd

10:00am - 11:15am

\$90 for 6 weeks

This New Year give yourself the gift of improved flexibility, core strength and toning, in a small class setting with personalized instruction. Join Karen Sudds for a combined Pilates and dance fitness class. No experience necessary but class size is limited.

Zumba Fitness

Fridays, January 15th - February 26th

10:00am - 11:00am

\$70 for 6 weeks

Adult Jazz/Modern Dance

Wednesdays, January 13th - April 14th

7:30pm - 8:45pm

\$180 for 12 weeks