



Friday, October 16

Beginning at 9:00 am

**15-minute demonstration on the
following classes:**

- Chair Aerobic taught by Nancy Esposito
- **Fitness Circuit Training taught by Chris Selitto**
- Gentle Yoga (use floor mat or chair) taught by Kim Sullivan
- **LaBlast Fitness taught by Marie Reedy**
- Line Dancing taught by Marian Fetherolf
- **Qi Gong taught by Kory Ward-Cook**
- Stretch/Balance taught by Chris Selitto
- **Sit & Get Fit ~ taught by Nancy Esposito**
- Stretch and Stability taught by Nancy Esposito

**Light Lunch immediately following the
Class Demonstrations.**

To register, call 302-227-2055.

The cut-off date to register is Friday, October 9

