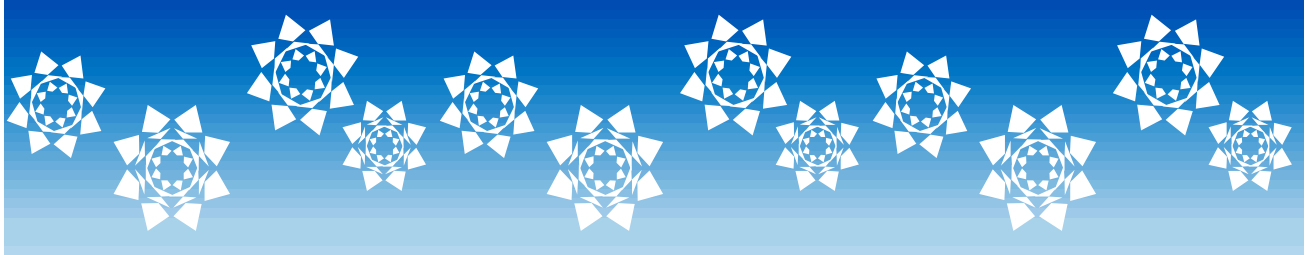


# WINTER AEROBICS

The City of Escanaba Recreation Department offers a safe and effective method to becoming physically fit. Dance aerobic class is offered at the Civic Center, 225 North 21<sup>st</sup> Street, Escanaba, Monday thru Thursday from 9:30-10:30 a.m. Programs are designed around Jacki Sorensen's Fitness Classes.



**WINTER SESSION 2018 – 13 WEEKS**  
**JANUARY 8 – APRIL 12, 2018**  
**(one week off for winter break)**

**CLASS FEE: \$125 for 13 weeks or \$5 per class drop in fee**

The class fee entitles you to attend as many classes as you wish.

- All persons attending must register at each class with aerobics instructor
- Sessions may be cancelled due to weather at the discretion of the Recreation Director
- No make-up days for inclement weather or holidays
- Sessions are held in the gym
- Locker room with showers available
- Bring exercise mat or heavy bath towel for class, which does include some floor exercises

For more information call the Recreation Department at 786-4141.