The Butler Center’s Grow 2 Discover is now offering Community Classes!
Open to the public!

FIT-TASTIC FITNESS CLASSES
Exercise classes that teach about a healthy lifestyle while gaining knowledge in aerobics

**Swim Instruction**
- Monday’s 4:30-5:30 $32M/$34NM
- Friday’s 10:45-11:45 $32M/$34NM

**Pound Fitness—DEC 8TH START**
- Tuesday’s 12:30-1:30 $32M/$34NM

**Stretch and Tone**
- Tuesday’s 4:30-5:30 $32M/$34NM
- Wednesday’s 9:30-10:45 $32M/$34NM

**Yoga**
- Wednesday’s 10:45-11:45 $32M/$34NM

**Movement**
- Friday’s 2:00-3:00 $32M/$34NM
- Friday’s 9:30-10:45 $32M/$34NM

All 2 hour fitness classes will include a variety of activities including meditation, track and SYJCC fitness center. Activities will vary each session.

Contact Savannah Marinozzi at 631-462-9800 Ext 139 or email smarinozzi@syjcc.org

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