ORLEANS RECREATION

INDOOR EARLY BIRDS FITNESS



START YOUR DAY. FEEL YOUR BEST.

Join Brendan Guttmann and the Orleans Recreation Department for the exciting Indoor Early Bird Fitness program!

STRONGER DAYS START EARLY

WHEN: Tuesday & Thursday mornings

TIME: 7:00 am – 8:00 am

SESSION 1	SESSION 2	SESSION 3
DECEMBER	JANUARY	FEBRUARY
EXCLUDING: December 24, 29, 31	EXCLUDING: January 28	EXCLUDING: February 25

REGISTRATION FEE: $20R / $35NR per person per month

MAX CAPACITY: 12 participants per session

LOCATION: 44 Main Street/ Community Building

*Please note: Registration for residents will open on **November 2**, and for non-residents on **November 9**.

LIMITED SPOTS! Register today and take the first step toward a healthier you.

(508) 255-0183 | orleansrecreation.com | @orleansrecreation