

ORLEANS RECREATION

EARLY BIRD FITNESS

Move better. Feel stronger.

This outdoor fitness class will focus on strength training, flexibility, balance, and cardiovascular conditioning.

March - April - May (Ages 18 & up)



Monday - Wednesday - Friday



7:00AM - 8:00AM



\$30R/\$35NR/per month



Eldredge Park Way Pickleball Courts



Please note: this is an outdoor fitness class- weather permitting

REGISTER HERE



www.orleansrecreation.com



(508) 240-3700 x2333