# ORLEANS RECREATION



TOWN OF ORLEANS
RECREATION, CULTURE & COMMUNITY EVENTS

## COMMUNITY ADULT FITNESS CLASS WITH THERESA LANE

## MAKE EVERY MOVE COUNT

A total body conditioning program using a combination of free weights, bands, and your own body weight.

Warm up, basic flexibility exercises and stretchweights, bands, and your own body weight.

Building strength, muscle definition (toning) and endurance through exercises using light to moderate weights with repetitions & more

### TUESDAYS & THURSDAYS

NOVEMBER 17 – DECEMBER 17
Excluding dates: November 24 & 26

REGISTRATION FEE: $80

TIME: 6:00PM - 6:45PM

MAX CAPACITY - 30

AGES 16 & UP

**REGISTER NOW**

## LOCATION:
NAUSET REGIONAL MIDDLE SCHOOL

www.orleansrecreation.com | 508-240-3700 ext. 2333