



If you're looking to begin a fitness program or boost your routine come join one of our weekly group fitness classes. Whether you start with a friend or meet new friends here, you will feel motivated by your fellow class mates. Just \$5 per person/per class. No membership or reservation needed.

Classes

Fit Dance Class

Tuesday's @ 6pm

Exercise has never been so fun! This fun, easy to follow cardio class combines high energy and motivating urban music. Unique moves and combinations will make you feel like you are on the dance floor. Fit Dance is the best way to shake away your worries!



DANCE BASED



CARDIOVASCULAR

PiYo Classes

Tuesday's @ 7:15pm

Thursday's @ 6pm

Piyo is a low-impact exercise program which uses Pilates and Yoga inspired moves set to faster paced music. Using your body weight as natural resistance as you move to strengthen your muscles, increase your stamina, and get flexibility training.



CARDIOVASCULAR
+ RESISTANCE



STRETCHING

Class Location

Chestnuthill Township Municipal Building
271 Route 715 South
Brodheads ville PA



Contact Leslie:

Phone: 848-203-7758

Email: youalityfitness@gmail.com

Website: www.YOUalityFitness.com

*Fee's due upon arrival. Please arrive 5-10 minutes before class begins. For PiYo classes please bring a yoga mat with you.

