

MAY 2017

STANTON HALL FITNESS

26 Russell Road, Huntington, MA 01050

(413) 667- 3500 huntingtonma.us

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	INSTRUCTORS:
	1 9:00 am Fitness 5:30 pm Strength Training	2 5:30 pm Zumba	3 9:00 am Yoga	4 5:30 pm Zumba	5 9:00 am Fitness	<i>ZUMBA Cheryl Harper 413 623 6423</i>
7 5 – 6 pm Tae Kwon Do	8 9:00 am Fitness 5:30 pm Strength Training	9 5:30 pm Zumba	10 9:00 am Yoga	11 5:30 pm Zumba	12 9:00 am Fitness	<i>FITNESS/STRENGTH Eileen Narad 413 667 8880</i>
14 5 – 6 pm Tae Kwon Do	15 9:00 am Fitness 5:30 pm Strength Training	16 5:30 pm Zumba	17 9:00 am Yoga	18	19 8:30 am Fitness	<i>TAE KWON DO Shaun Wasserman 302 470 1163</i>
21 5 – 6 pm Tae Kwon Do	22 9:00 am Fitness 5:30 pm Strength Training	23 5:30 pm Zumba	24 9:00 am Yoga	25 5:30 pm Zumba	26 9:00 am Fitness	<i>YOGA Kat Peterson 413 667 3949</i>
28 5 – 6 pm Tae Kwon Do		30 5:30 pm Zumba	31 9:00 am Yoga	1 5:30 pm Zumba	2 9:00 am Fitness	

DROP INS ALWAYS WELCOME!

Zumba, Yoga, & Fitness Classes

\$5.00 per session

Tae Kwon Do & Strength Training

\$10.00 per session