



NORTH TONAWANDA YOUTH, PARKS &
RECREATION DEPARTMENT

THURSDAYS

BEFORE & AFTER FITNESS CENTER

525 WHEATFIELD STREET NT

6:00-7:0PM- 19 Classes Total

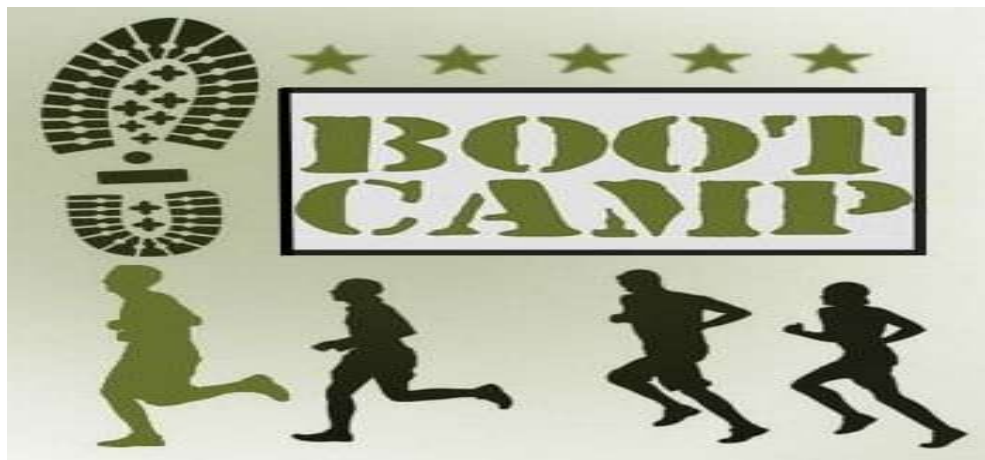
January 8th-May 14th

\$95—N.T. Residents

\$114- Non-Residents

BRING: HAND WEIGHTS, FLOOR MAT & WATER

***extra hand weights will also be available at the gym for
your convenience. Your instructor will be Kelly Smith.**



Register on line at NTParksrec.com. Registration forms can be obtained at the N.T. Recreation Department located at 500 Wheatfield Street, N. Tonawanda Any questions please call Pam Hogan at 716-695-8520 ext 5508.