

FITNESS

AT



KDGC



Pilates Reformer

Pilates classes are offered as one hour private classes or semi-private sessions. Kathi is Stott certified and offers classes weekdays before 2:00 p.m. Feel free to call Kathi at 330.518.7010 if you are interested in scheduling a private.

Dance Fit

Jami Byler's Dance Fit classes are \$6.00 per class. Her schedule for this year is Mondays 7:00 – 8:00 p.m., Tuesdays 7:00 – 8:00 p.m. and Fridays 8:00 – 9:00 a.m.

Total Body Conditioning

Joanne Maloney is here on Wednesdays teaching a class geared towards people 40 – 70 years of age. Come try out the class on Wednesday mornings 9:30 – 10:30 a.m. The cost is \$8.00 per class.

Ballet Barre Fitness

Amanda Welker is here two days a week teaching ballet barre fitness classes. Her classes are held on Saturdays 8:30 – 9:30 a.m. The cost of these classes is \$6.00 per class.

For more information, please call the studio.
330.549.2522



