

# FITNESS

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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 jWednesdays 7:00 – 8:00 p.m

## Total Body Conditioning

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



For more information, please call the studio.  
330.549.2522