

MARCH 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 Yoga	2 5:30 pm Zumba	3 9:00 am Fitness	<i>ZUMBA Cheryl Harper 413 623 6423</i>
5 5 – 6 pm Tae Kwon Do	6 9:00 am Fitness 5:30 pm Strength Training	7 5:30 pm Zumba	8 9:00 am Yoga	9 5:30 pm Zumba	10 9:00 am Fitness	<i>FITNESS/STRENGTH Eileen Narad 413 667 8880</i>
12 5 – 6 pm Tae Kwon Do	13 9:00 am Fitness	14 5:30 pm Zumba	15 9:00 am Yoga	16 5:30 pm Zumba	17 8:30 am Fitness	<i>TAE KWON DO Shaun Wasserman 302 470 1163</i>
19 5 – 6 pm Tae Kwon Do	20 9:00 am Fitness 5:30 pm Strength Training	21 5:30 pm Zumba	22 9:00 am Yoga	23 5:30 pm Zumba	24 9:00 am Fitness	<i>YOGA Kat Peterson 413 667 3949</i>
26 5 – 6 pm Tae Kwon Do	27 9:00 am Fitness 5:30 pm Strength Training	28 5:30 pm Zumba	29 9:00 am Yoga	30 5:30 pm Zumba	31 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