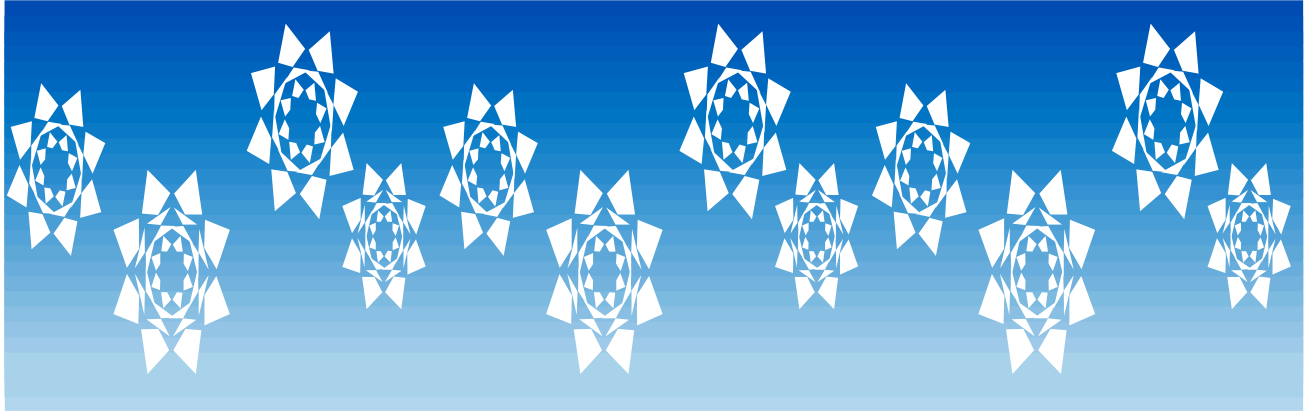


# WINTER AEROBICS

The City of Escanaba Recreation Department offers a safe and effective method to becoming physically fit. Dance aerobic class is offered at the Civic Center, 225 North 21<sup>st</sup> Street, Escanaba, Monday thru Thursday from 9:30-10:30 a.m. Programs are designed around Jacki Sorensen's Fitness Classes.



**WINTER SESSION 2024 – 10 WEEKS**  
**JANUARY 15th – MARCH 21st**

**CLASS FEE: \$120 for 10 weeks or \$5 per class drop in fee**

The class fee entitles you to attend as many classes as you wish.

- All persons attending must register at each class with aerobics instructor
- Sessions may be cancelled due to weather at the discretion of the Recreation Director
- No make-up days for inclement weather or holidays
- Sessions are held in the gym
- Locker room with showers available
- Bring exercise mat or heavy bath towel for class, which does include some floor exercises

For more information call the Recreation Department at 786-4141.