

YAFFA

# STRONG & FIT

Imperial Park Recreation Center  
234 Matlage Way



**A total body workout that will increase muscle strength and endurance by using light weights and more repetitions.**

Monday 5:45 p.m.-6:45 p.m.

Tuesdays 8:30 a.m.-9:30 a.m.

Wednesday 5:45 p.m.-6:45 p.m.

Thursday 8:30 a.m.-9:30 a.m.



*\$15/month for 2 classes/month*

*\$25/month for 4 classes/month*

*\$33/month for 6 classes/month*

*\$40/month for 8 classes/month*

*\$50/month for unlimited classes*

*Facility usage card required.*

