



RECREATION SERVICES

Now Offering Classes

(meet at 824 E. Gurley unless otherwise specified)

Women's Beginning Running Club— learn to run gradually with a certified running coach! Saturdays 8am-9am. \$50 per person

Call Lynn for more info or to register: 802-688-4511

Training for these upcoming races:



Prescott Adventure Boot Camp for Women— fun fitness for all! Beginners, avid fitness enthusiast or just tired of the same routine-come try this whole new approach to exercise...fun! Four week camps.

Prescottbootcamp.com or 928-273-7788



“Finding Peace in a Stressful World with Feng Shui”

Join us for a 3-part presentation on introducing the basics of Feng Shui. Students will learn how to bring peace and prosperity into their life by using specific colors, shapes and visualization techniques. Call Michèle for more information or to register: 928-554-5820

