

Let's dance!

Friday Fitness Series

10:00 - 11:00 am

Fridays, September 5th - 26th, 2025

CCE Extension Education Center

64 Ferndale-Loomis Rd, Liberty, NY 12754

Wear comfortable clothing, take your shoes off
and enjoy a fusion fitness practice inspired by
dance, martial arts, and healing arts.

Mats provided for registered participants.

\$15 per class,
\$48 for full series
\$0 solidarity price (for those
that cannot pay at this time)

Cornell Cooperative Extension is an equal
opportunity educator, provider and employer.

SCAN TO
REGISTER:

