

Let's dance!

Friday Fitness Series

10:00 - 11:00 am

**Fridays, October 24th & 31st, and
November 14th & 21st, 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:**

