

Cornell Cooperative Extension | Sullivan County

FRIDAY FITNESS SERIES

10:00 - 11:00 AM

**FRIDAYS, DECEMBER 5 & 12, AND
JANUARY 9 - MARCH 13, 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.**

DROP IN: \$15

5-CLASS PASS: \$70

10-CLASS PASS: \$120

**SOLIDARITY PRICING
APPLIES (FOR THOSE
WHO CANNOT PAY AT
THIS TIME)**

SCAN TO REGISTER:



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