



Let's dance!

Summer 2026

Friday Fitness Series

**Fridays, July 3rd, 10th, 24th, 31st,
August 7th, 28th, and
September 4th and 11th, 2026**

10:00 - 11:00 am

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.



**SCAN TO
REGISTER:**



Drop-in: \$15 | 5-class pass: \$70

\$0 solidarity price (for those who cannot pay at this time)

Cornell Cooperative Extension | Sullivan County

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