

WINTER FITNESS 2016

FREE Classes for STGRSD Staff

Location: Woodland School



Class: Yoga

When: Tuesday's

3:45—4:45 PM

Jan 12—Mar 8

Class: CardioCORE

When: Thursday's

3:45—4:45 PM

Jan 7—Mar 3

Classes suitable to all-levels and are open to all STGRSD Staff; brought to you free of charge by your self-insured insurance group, Berkshire Health Group.

Any questions, please contact:

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Berkshire Health
Group & You...



Healthy Together