

Saugerties Ballet Center

SUMMER FITNESS PROGRAMS UPDATE!!!!!!!1 ADULT FITNESS PROGRAMS w/Celeste

TAI CHI *Continues:*

Tuesday mornings 10:15 - 11:15 through June 8\$ per class



(for active adults, beginners, others)
Thursday mornings 10:30 - 11:30 through
August. 8\$ per class



Regular ZUMBA!
with Celeste Graves-Hoyal and Dina Pearlman!
For adults and teens. 10\$ per class
Starting Thursday June 16th. 6:30 - 7:30

TAI CHI

Tai Chi is an art as old as civilization itself. With regular practice of its ancient principles, the mind and body work as one to improve focus, balance, and flexibility. Strength increases, both inner and outer, as internal energy is enhanced, and peace of mind can be recognized as a natural state.

Zumba Gold

This invigorating, Latin-inspired dance fitness program is based on the regular Zumba Fitness Program, now designed for active, older adults, beginners, or **anyone** who prefers a modified, slightly slower version of this exhilarating dance/fitness program, for more fun, fitness, & success!



Photo: Perry Sakitt

**Classes held at
Saugerties Ballet Center
10 First Street, Saugerties, NY**

**For more information or to register for classes or private sessions,
contact Celeste. 845 810 2742. Or cghmoves@hvc.rr.com
Phoenix Rising Yoga Therapy is also available for
individuals, couples, and groups**