

Fee Based Classes: January 2017



Please Register Online @ www.pelicanpark.com

YOGA

Chair Yoga

9:30am-10:30am

Jan. 30th—April 24th

Tuesday AM

9:30am-10:30am

Jan. 3rd—March 14th

Thursday AM

9:30am-10:30am

Jan. 5th—March 23rd

Instructor: Janine Mejia

Castine Center

Cost: \$55.00

Tuesday PM

6:00pm-7:00pm

Jan. 24th—April 27th

Thursdays PM

6:00pm-7:00pm

Jan. 5th—March 23rd

Instructor: Michelle Pichon

Mandeville Trailhead Depot

Cost: \$55.00

Line Dancing

Tuesday

7:15pm-8:15pm

Jan. 17th—March 7th

skip 2/14 & 2/28

Instructor: Johnnie Adams

White Gym/ Castine Center

Cost: \$34.00



Pilates

Wednesday PM

6:00pm-7:00pm

Jan. 11th—April 19th

Instructor: Michelle Pichon

Mandeville Trailhead Depot

Cost: \$55.00