**CSD Staff, come join us for**

**Zumba**

![icon_dance[1]]()

**Latin Dance**

***A fun, energetic, cardio work out!***

**Zumba will be Mondays**

**10 classes starting in January**

**3:30-4:30 pm**

**Location TBD**

**Buy a PUNCH PASS OR DROP IN FOR $10**

**![MC900021518[1]]()**

**If you are interested or if you have questions please contact District Wellness Coordinator, Connie Gavin at** **gavinc@csdvt.org**

**![MC900021519[1]]()**

**CSD Staff, come join us for**

**Yoga**

**![MC900440131[1]]()**

**![MC900439925[1]]()**

**Stretching and Meditation**

***A calm, mindful, strength building, and balance building work out!***

**Yoga will be Wednesdays**

**10 classes starting in January**

**3:30-4:30 pm**

**Location TBD**

**Buy a PUNCH PASS OR DROP IN FOR $10**

**If you are interested or if you have questions please contact District Wellness Coordinator, Connie Gavin at** **gavinc@csdvt.org**