**CSD Staff, come join us for**

**Zumba**



**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**](mailto: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**](mailto:gavinc@csdvt.org)