



MIDDLETOWN AREA RECREATION ALLIANCE

Presents:

Fitness With Alexandra

30 Minute Thursdays

High Impact; minimal time

7:00 pm to 7:30 pm

4/25/19

5/2/19

5/9/19

5/16/19

Steady Go Fridays

Low Impact, body weight exercises

10:00 am to 11:00 am

4/26/19

5/3/19

5/10/19

5/17/19

\$15 for residents per class; \$17 for non residents per class

Bring your own mat, water bottle, and come dressed to sweat!

All classes will be held at the MCSO Building

*Registration ends
April 19th*

Find Alexandra on Instagram
[@unfilteredalexandrafitness](https://www.instagram.com/unfilteredalexandrafitness)

To register contact mara@raiderweb.org or go to <http://www.raiderweb.org/for-community/middletown-area-recreation-alliance/> for a registration form. Payment is due at time of registration. All forms can be returned to 55 West Water Street, Middletown PA. Checks should be made out to MARA.