

Boot Camp on the Beach
N. 6th St. and the Beach
Tuesdays and Saturdays at 7 a.m.

and

Training at the Fitness Park
located adjacent to Town Hall

By appointment only

\$15 per person/class. PayPal, Venmo, or Cash

Instructors: Mel and Kim Royster

Must pre-register to attend:

www.thefitnesscraze.com

410-533-0068

Kim@thefitnesscraze.com

For more information (summer 2020 schedule, changes & updates)
visit website, Facebook page, or call or email Kim

Yoga on the Beach

at S. 3rd St.

Friday thru Tuesday at 8 a.m.

All levels welcome!

Pay what you can.

Venmo: @Debbie-Finger

PayPal: dddrn@yahoo.com

Zelle: 315-807-8052

or Cash

Instructor: Debbie Finger

Questions?

Contact Debbie by email, text, or call:

dddrn@yahoo.com

315-807-8052

**Yoga on the Beach
at Indian St.**

Tuesday thru Friday at 8:30 a.m.

**\$10 drop in fee
No pre-registration**

**For weather related schedule changes, visit
www.Facebook.com/MurrayOltmanYoga/**

Instructor:

Murray Oltman, RYT-200

Questions?

Contact Murray by email:

murray@theoltmans.com