

# GetFit with Kristi

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**Free Community Exercise Classes**  
are being offered to  
Palmyra & Macedon Residents of all ages  
throughout 2017, starting on Wednesday January 11<sup>th</sup>.

Tuesday's: 8am -9am (Palmyra Community Center)  
Wednesday's: 6pm -7pm (Palmyra Town Hall)

## Simple class registration information

Please bring your proof of address  
to the PCC to pre-register on  
Monday thru Friday between 7:00am – 1:00pm. You can also register  
the day or night of your first class.

Online registration available by contacting us via our website @  
[www.palmyracommunitycenter.org](http://www.palmyracommunitycenter.org)

Please include your full name and address when doing so.

\*Nonresident (walk in's) are welcome for special discount price of \$5/class\*  
~~~ Fun music, easy movement, positive energy~~~



Join us today  
Start 2017  
with  
GetFit w/Kristi

**Free Getfit Exercise Class**  
<http://www.palmyracommunitycenter.org/>  
Call for info: (315)597-5501  
Free to Palmyra&Macedon Residence

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