SPRING SHAPE UP

Fitness Classes

Wednesdays: May 6, 13, 20 & 27

Saylor Building Gymnasium

5pm-6pm

Instructor: Deborah Rivers

This is a total body conditioning class that will include body-weight strength training, cardiovascular conditioning, building core strength and improving flexibility.

For more info & to sign up contact
SNI Education Dept—Cattaraugus
532-3341
amy.white@sni.org

Seneca Nation of Indians
Department of Education