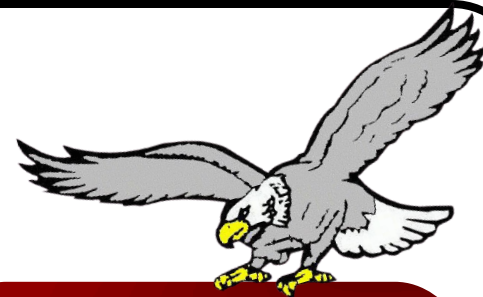


**\*MINIMUM ENROLLMENT  
MUST BE MET TO HOLD  
SESSION\***

# ADULT EDUCATION CLASSES

## 2024-2025 SCHOOL YEAR



### ZUMBA

7 p.m-8 p.m.

A latin inspired, fast-paced aerobic/dance workout

**#Z1-25: \$20 resident/\$25 non-resident**

September: 4, 11, 18, 25  
October: 2, 9, 16, 23

**#Z2-25: \$18 resident/\$23 non-resident**

October: 30  
November: 6, 13  
December: 4, 11, 18

**#Z3-25: \$20 resident/\$25 non-resident**

January: 8, 15, 22, 29  
February: 5, 12, 19, 26

**#Z4-25: \$20 resident/\$25 non-resident**

March: 5, 12, 19, 26  
April: 2, 9, 16, 23, 30



### POUND FITNESS

8 p.m-8:30 p.m.

Beat "ripesticks" to the music while doing Pilates

**#PF1-25: \$10 resident/\$15 non-resident**

September: 4, 11, 18, 25  
October: 2, 9, 16, 23

**#PF2-25: \$9 resident/\$14 non-resident**

October: 30  
November: 6, 13, 20  
December: 4, 11, 18

**#PF3-25: \$10 resident/\$15 non-resident**

January: 8, 15, 22, 29  
February: 5, 12, 19, 23

**#PF4-25: \$10 resident/\$15 non-resident**

March: 5, 12, 19, 26  
April: 2, 9, 16, 23



### YOGA

7:30 p.m-8:30 p.m.

\*Bring your own mat\*

**\$20 resident/\$25 non-resident**

**#Y1-25:**

September: 10, 17, 24  
October: 1, 8, 15, 29  
November: 5

**#Y4-25:**

March: 4, 11, 18, 25  
April: 1, 8, 15, 22



### DEADLINES

**Session 1: September 2, 2024**  
**Session 2: October 28, 2024**  
**Session 3: January 6, 2025**  
**Session 4: March 3, 2025**



Send a check by the designated deadline made out to:

Adult Education-BSSD  
Attn: Jenna Copenhaver  
7335 Carlisle Pike  
York Springs, PA 17372