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**TRY A FREE
WORKSHOP!**
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VIRTUAL FITNESS CLASSES

Staying physically active is as important as ever, which is why NCPRD is now offering fitness classes through Zoom! Get fit at home with virtual instructor-led programs, while safely enjoying the camaraderie of a group class. Try a FREE virtual workshop before signing up for a full class. Please pre-register; Zoom tutorials available.

CLASS	FREE WORKSHOPS	FULL CLASSES
ZUMBA	TUE., JUNE 9 & THURS., JUNE 18 6:40 - 7:40 P.M.	TUE., JUNE 23 - SEPT. 1 6:40 - 7:40 P.M. THURS., JUNE 25 - SEPT. 3 6:40 - 7:40 P.M.
GOLD TONING	MON., JUNE 8 & FRI., JUNE 19 11 A.M. - NOON	MON., JUNE 22 - AUG. 31 11 A.M. - NOON FRI., JUNE 26 - SEPT. 4 11 A.M. - NOON
INNERGYSTICS	THURS., JUNE 11 & THURS, JUNE 18 11:25 A.M. - 12:25 P.M.	FRI., JUNE 25 - AUG. 20 11:25 A.M. - 12:25 P.M.
LOW-IMPACT AEROBIC STRENGTH TRAINING	THURS., JUNE 11 & THURS, JUNE 18 4 - 4:45 P.M.	THURS., JUNE 25 - SEPT. 3 4 - 4:45 P.M.
EXERCENTRICS	MON., JUNE 8 & MON., JUNE 15 12:15 - 1:15 P.M.	MON, JUNE 22 - AUG. 31 12:15 - 1:15 P.M.

SIGN UP AT [NCCPRD.COM](https://nccprd.com)
QUESTIONS? CALL (503) 794-8092

**GET 10% OFF A FULL CLASS WHEN YOU
SIGN UP FOR A FREE WORKSHOP!**

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