

Tuxedo Recreation Dept.

FITNESS CLASS

FIRE & FLOW

A well-rounded workout, with Tamara Wren, that includes dance, movement, flexibility and strength training set to a mix of mid and uptempo beats.

Join us on Thursday
12/7, 12/14, 12/21 @ 10:00 a.m.

****There is NO FEE for this class****

Town Hall
Community Room
1 Temple Dr. Tuxedo

