

**CLASSIC BODY SCULPTING/AEROBICS  
with MARTHA EAGLE**

This thorough workout program implements the cross-training method by combining hand-held weights and effective fat-burning aerobic moves to tone and strengthen all muscle groups while increasing flexibility. Please bring an exercise mat and hand-held weights (2-5 lbs.) to class. All exercise levels are welcome to join!

**Participants must be 16 years of age and over.**

**JUNE 29 – SEPTEMBER 2  
MONDAYS & WEDNESDAYS, 5:30 - 6:30 P.M.**

**COST:**

**RESIDENTS:** \$45.00/person

**NON-RESIDENTS:** \$55.00/person

**LOCATION:** Southold Town Recreation Center

\*Class will not meet on August 5\*