

**CLASSIC BODY SCULPTING/AEROBICS  
with Martha Eagle**

Start getting in shape with a stronger, healthier, leaner body! 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 ages and exercise levels are welcome to join!

*Class size is limited...early registration is strongly recommended. Late registrants may be shut out of the class. Once the class is full, we cannot take any more participants and we will not make any exceptions. If you wait, you may be late!!!*

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

**JANUARY 11 THROUGH MARCH 24  
MONDAYS & WEDNESDAYS, 5:30 - 6:30 P.M.**

**COST:**

**RESIDENTS:** \$45/person

**NON-RESIDENTS:** \$55/person

**LOCATION:** Southold Town Recreation Center

**\*Class will not meet on January 18, February 3 & 15, March 1 & 3\***