

NAMA-SLEIGH

30 MINUTE MIND-BODY FORMATTED CLASSES

Step away from the to-do lists and into grounding, holiday-themed group fitness classes for the whole community. Come stretch, breathe, and recharge, then warm up with complimentary hot cocoa!

Bring a non-perishable item to support our local food pantry and help make the season brighter for everyone.

SUNDAY, DECEMBER 21

FISHERS COMMUNITY CENTER PROGRAM ROOMS
OPEN TO ALL, FREE TO THE
COMMUNITY!

NO REGISTRATION REQUIRED

- 2:00-2:30 PM: Merry & Mindful
Les Mills Body Balance
- 2:45-3:15 PM: Holiday Hustle
UpBeat Pilates
- 3:30-4:00 PM: Silent Night
Slow Flow Yoga
- 4:15-4:45 PM: Mat Pilates &
Mistletoe



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Strengthened by 