



Town of Seabrook
Seabrook Recreation Department

311 Lafayette Rd. Seabrook, NH 03874

Spring 2016 Classes & Activities



Adult Exercise



FOR AGES 16+ | 5:30-6:30 PM

<u>MONDAYS:</u> DANCE/MOVEMENT/TONING	<u>PER CLASS FEE:</u> \$16 w/SRD ID
<u>TUESDAYS:</u> STRENGTH CIRCUIT	\$29 non-res SRD ID
<u>WEDNESDAYS:</u> STRETCH YOGA	\$32 w/o SRD ID
<u>THURSDAYS:</u> ZUMBA	Just want to give it a try? \$5 for Drop-In!

SPRING SESSION RUNS MARCH 28th—JUNE 17th

For more information please call the rec at 603-474-5746

Find us on Facebook:
Seabrook Recreation Department &
Community Center



Visit our website:
[seabrooknh.info/town-departments/
recreation](http://seabrooknh.info/town-departments/recreation)

MISSION STATEMENT: To provide leisure services for Seabrook residents of all ages and interests by promoting programs which encourage the development of healthy bodies, minds and attitudes