



Fitness with Friends

Every Tuesday
10:00am - 12:15pm

This class will explore different types of exercises. The group will go to various locations to exercise including The Dome, YMCA, classes in the Discovery Center to try different types of exercises. Friends who move together stay together! The goals of this class are to work on social skills, appropriate conversation topics, and getting exercise- learn different ways to move our bodies. Come join the fun and make friends while staying fit!

Activity cost: Varies

Class size: 10+



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www.hopealaska.org/community-engagement-center