



Carroll Township Community Center 2018 Class Schedules

255 Church Road, Shermans Dale

MONDAYS:

5:30 Pilates

6:30 Yoga

TUESDAYS:

5:30 Zumba

6:00 Pound

(starting
January 23rd)

WEDNESDAYS:

5:30 Pilates

6:30 Yoga

8:00 Zumba

**For more information
or to register
for the class,
call (717) 789-0101**

THURSDAYS:

6:30 Line Dancing

(starting

January 11th)

FRIDAYS:

10:00 a.m.

Sr. Yoga

(All classes are in the evening, except Friday yoga)