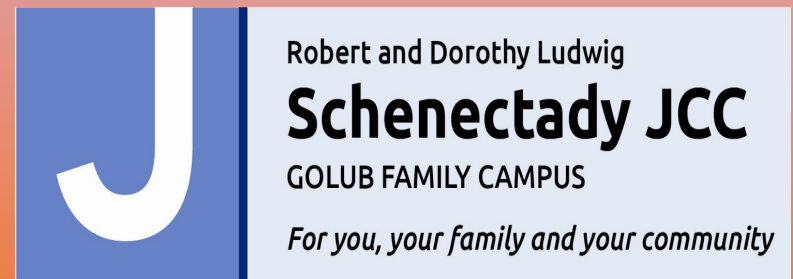


New Class: Barreflow® incorporates strength, endurance and flexibility into one invigorating workout by combining aspects of yoga, Pilates, barre fitness and classic strength training.



Thursdays!
May 2nd-30th
4:30-5:15 p.m.
Fee: \$5, JCC Members (Free)



2565 Balltown Road, Niskayuna, NY 12309