

| Title | Date | Time | Days | Room | Town | Cost | Book |
|--|-------------|----------------|------|---------|------|---------|------|
| HEALTH, DANCE and EXERCISE (704) 978-5486 | | | | | | | |
| Eating to Optimize Your Health NEW! | 9/12 | 6:30-8 p.m. | Tu | CEC 8 | S | \$20.00 | no |
| Line Dance | 9/21-10/26 | 6:30-7:30 p.m. | Th | CEC Gym | S | \$30.00 | no |
| MixedFit NEW! | 9/11-10/16 | 5:30-6:30 p.m. | M | CEC Gym | S | \$30.00 | no |
| MixedFit NEW! | 10/23-11/27 | 5:30-6:30 p.m. | M | CEC Gym | S | \$30.00 | no |