



Tuesdays & Thursdays

10:45 – 11:45am

**Generator Society Hall at the Bald Head Association Center
(111 Lighthouse Wynd)**

**Walk-in fee \$20 per class
8 Session Discount Card \$120**

Open to everyone!

Bring your own mats and exercise balls

**Instructor: Kathy Craven, NETA Certified
910-448-2693 or kcraven@hotmail.com**

**Visitors — Please call
Island Residents — Please check your email**



Bald Head Association ~ “The voice for BHI property owners”

Sponsored by:

BHA’s Socialization, Education & Recreation (SER) Committee