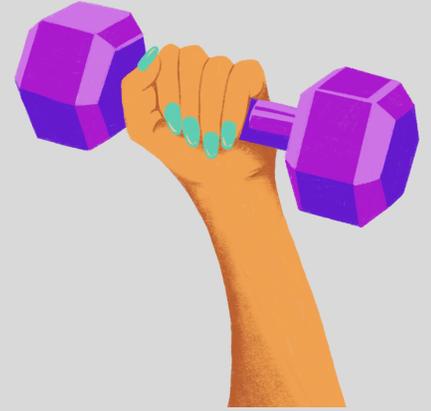


8439 Smokey Hollow Rd  
Baldwinsville, NY 13027

## FITNESS CLASSES

- **EmpowerFit: Women's Strength Training**

- Wednesdays, 5:30-6:15 PM
- \$20/class drop in, \$15/class prepaid for the month, \$300/season
- Starts Wednesday, June 5
- Bring your own water
- Space is limited, so **registration is required** by emailing the instructor at [syrenityhw@gmail.com](mailto:syrenityhw@gmail.com)



*Not sure if this is for you? First class is free!*

- **Sunrise Yoga**

- Saturdays, 8:00-9:00 AM
- \$12/class drop in, \$8/class prepaid for the month, \$125/season
- Starts Saturday, June 15
- Bring your own mat & water
- Meet on the basketball court



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**Lysander Parks and Recreation Department**

**8220 Loop Rd; Baldwinsville, NY 13027**

**315-635-5999 | [programs@townoflysander.org](mailto:programs@townoflysander.org)**