



**THERE IS STILL TIME THIS FALL TO GET MOVING!**  
*Amid all the craziness, it is important for you and your family to make time for educational, healthy and stress relieving recreation this fall. Register for something fun and active with **WSRec this Fall!***

**CLICK** anywhere in this email to visit our website for more information on each program or call 717-920-9515

# Active WELLNESS

- [Aerobic Dance](#)      [Belly Dance](#)
- [Booty Barre](#)      [Cardio Step](#)
- [Happiest Hour Yoga - Stress Relief](#)
- [Hatha Flow Yoga \(AM & PM\)](#)
- [Kickboxing & Abs](#)
- [Muscle Pump \(AM & PM\)](#)



- [Pilates \(All Levels\)](#)      [PiYo](#)
- [SalsaTone](#)      [Tabata](#)
- [Zumba Toning & Abs](#)      [Zumba Step](#)

# Just For KIDS

- [Babysitting Certification](#)
- [Kinderdance, Kinder Gym & Kinder Tots](#)
- [Youth Art Fun \(Age 4-6\) Evenings](#)
- [Youth Art Fun \(Grades 3-5\) After-School](#)



- [Youth Equine - Horsemanship Clinic](#)
- [Youth Equine - Christmas Pony Rides](#)



**STEAM - Kid's Night Out at Highland Elementary School**

- [HallowSTEAM](#)
- [ThankSTEAMing](#)
- [Steaming through the Holidays](#)