



Town of Seabrook  
**Seabrook Recreation Department**

311 Lafayette Rd. Seabrook, NH 03874

**Spring 2016 Classes & Activities**



**Adult Exercise**



**FOR AGES 16+ | 5:30-6:30 PM**

|   |   |
|---|---|
| <b><u>MONDAYS:</u></b><br>DANCE/MOVEMENT/TONING | <b><u>PER CLASS FEE:</u></b><br>\$16 w/SRD ID   |
| <b><u>TUESDAYS:</u></b><br>STRENGTH CIRCUIT     | \$29 non-res<br>SRD ID                          |
| <b><u>WEDNESDAYS:</u></b><br>STRETCH YOGA       | \$32 w/o SRD ID                                 |
| <b><u>THURSDAYS:</u></b><br>ZUMBA               | Just want to give it a try?<br>\$5 for Drop-In! |

**SPRING SESSION RUNS MARCH 28th—JUNE 17th**

For more information please call the rec at 603-474-5746

Find us on Facebook:  
Seabrook Recreation Department &  
Community Center



Visit our website:  
[seabrooknh.info/town-departments/  
recreation](http://seabrooknh.info/town-departments/recreation)

MISSION STATEMENT: To provide leisure services for Seabrook residents of all ages and interests by promoting programs which encourage the development of healthy bodies, minds and attitudes