

METHUEN RECREATION DEPARTMENT

Online Fitness Class

Due to the COVID-19 situation the Methuen Recreation Department has suspended all in person programming. The health and safety of our program attendees is our priority. To help promote staying active while social distancing during this time, we are offering an online fitness class free of charge that can be done in your own home. This program will be broadcast Mondays and Fridays at 12:30 PM for 4 weeks beginning this Monday March 23rd. Monday classes will be for beginners, and Fridays will be a high intensity class. To participate in this program, please go to the link below on Mondays and Fridays at 12:30 to watch/participate in the Facebook Live broadcast of this fitness class.

When: 4 weeks -Mondays and Fridays beginning Monday,
March 23rd at 12:30 PM
Mondays– Beginner Class
Fridays– High Intensity Class

Where: On Facebook Live—Please go to the link below at 12:30 on
Mondays/Fridays

<https://www.facebook.com/rosedinucciofitness/>

