

MOVE YOUR BODY WITH KAREN



**\$5 for
drop-in fee
or
\$25/month
unlimited**

**OAOA
members
\$4/class or
\$20/month**

10AM MORNING WORKOUT AT NAY AUG PARK

EVERY TUES / THURS NAY AUG

Drop-ins Welcome!

**Email to Register or Join OAOA:
Programs@ScrantonGreenhouse.org**

**New to
OAOA?**

**Try First
Class Free**

LOCATION:

@THE GREENHOUSE, 200 ARTHUR AVE



Kickstart your day in a supportive environment with music, movement and silliness! Improve mobility, build strength & balance. No floor work, no jumping. Indoor/outdoor, wear layers, bring water.



**AGE FRIENDLY
LACKAWANNA**