



HINGHAM RECREATION DROP-IN FITNESS SCHEDULE

MONDAY

8:30 AM- YOGA AT THE HARBOR

TUESDAY

6:00 AM- BOOT CAMP w/DAWN
8:30 AM- YOGA AT THE HARBOR
8:30 AM- BOOT CAMP w/AMANDA

WEDNESDAY

THURSDAY

6:00 AM- BOOT CAMP w/DAWN
8:30 AM- YOGA AT THE HARBOR
8:30 AM- BOOT CAMP w/AMANDA

FRIDAY

SATURDAY

8:30AM- YOGA AT THE HARBOR

SUNDAY

All Classes \$10

Please Register Online: <https://apm.activecommunities.com/hinghamrec/Home>