

Harbour Lights CHEER Center

WELLNESS CLASS

Date: Wednesday, July 10, 2025

Time: 10:00 a.m.

Instructor: Lisa Jordan

Cost: Introductory class FREE



Join us for a fun, high-energy introduction to our brand new exercise class! Whether you're a beginner or just looking for a fresh workout, this class is for you.

34211 Woods Edge Drive
Lewes, DE 19958

 **CHEER**
Over 50 Years Serving Sussex Seniors

ctunnell@cheerde.com
302.645.9239