

Morning Exercise Class - Toning, Conditioning, Stretching, Light Weights

Mondays and Thursdays. 8am - 9am. Instructor Lili Bell Shelton, MVCC Director of Tennis.

Perfect for the active 45 and up crowd. Mix of no impact sports conditioning/strengthening, mat pilates, stretching and weight resistance. Great fitness results at an affordable price. Class can sell out but there are occasional openings so check in with Lili if interested. Fall sessions - Sept - Nov. and Nov.- Jan. Winter session: Jan. -March. Spring session- mid-March to June. No summer classes; resumes in the Fall/Winter/Spring. Classes held in the Mount Vernon Exercise Room, under the Overlook Grill.

Lili Bell Shelton

Director of Tennis and Platform Tennis

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