

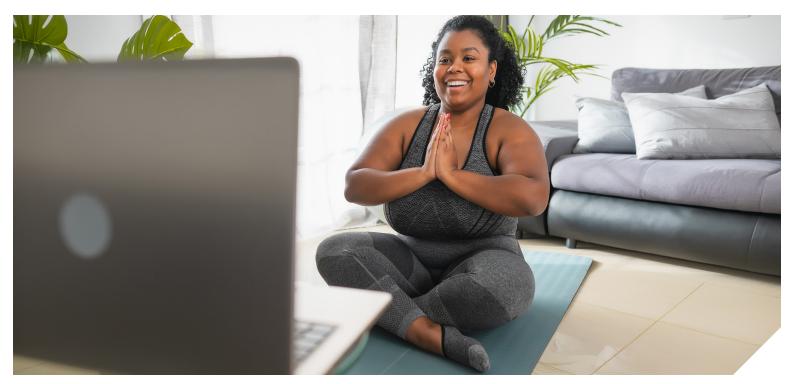
Free virtual fitness classes

Get fit from the comfort of home with free online fitness classes from CDPHP.

You do NOT have to be a CDPHP° member to take advantage of this free community resource.

Workouts include aerobic exercises, strength training, boxing, yoga, and more.

To see what classes are available, visit **www.cdphp.com/classes** and click on the **Start Watching** box.



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