

Movement for H.O.P.E. 2025

5th Annual Holiday Fundraiser



5 Days of December Classes

In the Studio at 518 Main St, Lyndonville ~ Come to 1 class, or all!

12/8/25 Monday:

Golden Ball Tai Chi at 9:30 am with Maddie
SHiNE Dance Fitness at 6 pm with Kaymo

12/9/25 Tuesday:

Vinyasa Yoga at 4:45 pm with Ollie
SHiNE Dance Fitness at 6 pm with Diane

12/10/25 Wednesday:

Belly Dance at 6 pm with Magdalene

12/11/25 Thursday:

Stay Strong lower body workout at 5:15 pm w/ Michelle
SHiNE Dance Fitness at 6 pm with Arcelie

12/12/25 Friday:

Golden Ball Tai Chi at 9:30 am with Maddie
Jazz Dance at 6 pm with Elizabeth



All Classes ~ Cost by Donation Only

Bring a new, unwrapped gift for Toys for Tots, or a monetary donation to support the Christmas Program at **HOPE (Helping Other People Everyday)**



Creative Healing & Fitness
518 Main Street,
Lyndonville, VT
creativehealingandfitness.com



Helping. Other. People. Everyday
136 Church Street,
Lyndonville, VT
<https://www.hopevermont.com>