



NEW CLASSES COMING THIS SUMMER

So much Summer, So much to do!

Summer schedule begins July 1 – Our full fitness schedule with over 80 free fitness classes will be posted on the web the end of June.

Sunday

Zumba

10:15-11:15 am

Monday

Total Body Conditioning

6:30-7:15am

Sun Tai Chi

8:30-9:15 am

Bike and Box

9:30-10 Spin; 10:10-10:40 Turbo Kick

ZUMBA 6:30-7:25 pm

Tuesday

ZUMBA

4:45-5:30 pm *ages 12-Adult

12-15 must be with an adult to take class

Ballet Bar Toning

7:30 pm

This is a great new class!
Shape your legs, lift your seat,
strengthen your core in this
non-dance class.

Wednesday

Power Yoga

7:30-8:30pm

Thursday

Pilates

6:30-7:25 pm

Friday

Ballet Bar Toning

10:20-11:20am