



Try Exclusive Fall Fitness Classes

We have many classes that will fit your personal fitness goals and schedule.
REGISTER TODAY!!!!

STEP & STRENGTH (Tuesdays 5-6pm)

- Cardio training using the bench with strength training incorporated for total body conditioning. *(Oct 13-Dec 15)*

FITNESS FUSION (Thursdays 5-6pm)

- Combines multiple training methods to challenge and improve strength, stamina, balance, flexibility and focus. *(Oct 15-Dec 17)*

YOGA (Alternating Saturdays 10-11am)

- A gentle practice that will put your mind at ease and provide a full body workout. Suitable for all fitness levels. *(Oct 24-Dec 5)*

RISE AND SHINE ITS EXERCISE TIME

Wednesday 5:50-6:50am *(Oct 14-Dec 16)*

or

Friday 5:50-6:50am *(Oct 16-Dec-18)*

- This wake up workout is a great way to start your day. You will get a full body workout using different strength and cardio circuit styles. Burn calories, build strength and improve your overall health.



Pre-registration is required for all classes. Please call NOW to secure your spot.
Class sizes are limited. 727-2064 or 727-2089