



Try Exclusive Spring Fitness Classes

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

STEP FITNESS (Tuesdays 5-6pm)

- Cardio training using the bench with strength training incorporated for total body conditioning. *(March 9-June 8)*

FREESTYLE STEP (Thursdays 5-6pm)

- Combines multiple training methods to challenge and improve strength, stamina, balance, flexibility and focus. *(Mar 11-June 10)*

YOGA (Saturdays 10-11am)

- A gentle practice that will put your mind at ease and provide a full body workout. Suitable for all fitness levels. *(Mar 13-June 12) every 4th Saturday off*

MORNING CIRCUIT

Wednesday 5:50-6:50am *(Mar 10-June 30)*
or

Friday 5:50-6:50am *(Mar 12-June 25)*
No class Good Friday

- 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