

WE HAVE EXCITING NEWS FOR YOU...

NEW! CLASSES INCLUDED WITH MEMBERSHIP

FULL-FACILITY ANNUAL MEMBERS
have access to select group fitness classes at
no additional cost.

Classes included: Barre, Core Express, Gentle
Flow Yoga, STRONG by Zumba and WAR.
(Classes are subject to change)

JOIN A CLASS TODAY!

STRONG by Zumba—Mondays 7:00-8:00 pm

Core Express—Tuesdays 5:30-6:00 pm

Gentle Flow Yoga—Wednesdays 12:00-12:45 pm

Barre—Wednesdays 7:00-7:30 pm

WAR—Thursdays 5:30-6:00 pm (No class 12/1)

Gentle Flow Yoga—Fridays 9:00-10:00 am

*Visit our website for class descriptions and full
schedule!*