



GROUP FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00	Senior Bootcamp 65+		Senior Bootcamp 65+		Senior Bootcamp 65+	
11:00						After Work Club
12:15		Lunchtime Gentle Yoga: Marisa		Lunchtime Gentle Yoga: Marisa		
1:00	Low Impact Aerobics (LIA) : Bonnie		Low Impact Aerobics (LIA) : Bonnie			
2:30		Fit Ball Class: Bonnie		Fit Ball Class: Bonnie		
5:00					Salsa Workshops Twice a month	
5:30	After Work Club	12 week Nutrition class: in session		After Work Club		
6:30	Bridal Bootcamp		Bridal Bootcamp			
6:45				Evening Yoga for Beginners: Marisa		

Coming Soon!!!

Hoop Dance Workshops taught by Kammi Matson: 1 hour 15 min June 16th & 18th: Times TBA

Salsa Dance Workshops taught by Stephanie Griffin: 1 hour and 30 min

Jazz Dance Workshops taught by Janice Shipman: 1 hour and 30 min Starting this Fall!

Please call for pricing information or questions regarding class descriptions or times 907.229.7652

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