

WE TEACH YOU HOW TO FUEL YOUR BODY TO ACHIEVE YOUR PERSONAL BEST!



BRING THIS CARD IN FOR A FREE CLASS & WELLNESS PROFILE

CARDIO DRUMMING

Tuesday 6:30pm & 7:45pm
Wednesday 6:30pm
Thursday 6:30pm
Friday 10:00am (Starts April 28th)
Saturday 9:00am & 10:30am

FITCAMP

Monday 6:30pm
Thursday 7:45pm

YOGA

Monday 7:45pm



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