

CLASS SCHEDULE

*MEMBERS \$25.00 for punch card of 10 CLASSES
Drop in \$2.50/CLASS*

*NON-MEMBERS \$55.00 for punch card of 10 CLASSES
Drop in \$5.50/CLASS*

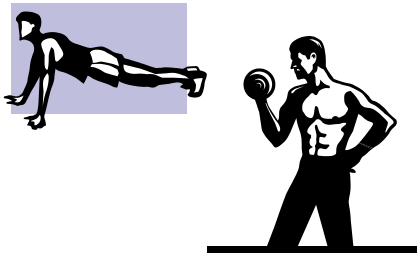
META & HIIT TRAINING with Eli (metabolic and high intensity interval training)

MON. & WED.

5:00 AM

MON.TUE, THUR.
FRI.

7:00 PM
6:30 PM



TUFF NUFF! with NORM MON. through FRI 5:30 am

YOGA with Mia

TUES & THURS
WED.

6:00 PM
10:00 AM



Senior Resistance
Instructors Norm and Alicia
FREE CLASS WITH MEMBERSHIP!!!
TUES. & THURS. 10:00 am