

BODY BLAST

Challenging workouts involving strength and cardiovascular training through a variety of activities and circuits. Class content is always changing and varies week to week. These are advanced classes for participants seeking new ways to improve their fitness level.

Starting September 29

Mon/Wed/Fri – 9:30 a.m

Tues/Thurs – 6 a.m.

Saturdays – 10 a.m.

Gymnasium

Class is free to members.
Non-members pay daily fee.



2701 S Blackman Road
Springfield, MO 65809
Phone: 417-891-1500

