

NEW CLASSES!

Starting Monday, October 8th

Mondays & Wednesdays:

6–7 a.m. | Butts & Guts | Instructor - Chelsea

Tuesdays & Thursdays:

8–8:30 a.m. | Silver Sneakers Boom Muscle | Instructors - Liz & Chelsea

8:45–9:15 a.m. | Silver Sneakers Boom Mind | Instructors - Liz & Chelsea

Tuesdays:

9:30–10:30 a.m. | Core Recovery | Instructor - Liz

NEW CLASS TIME!

Tuesdays:

6–7 p.m. | Strong by Zumba | Instructor - Liz

