

# New Classes at FIT@PRC!



## ZUMBA®

**Zumba is now on  
Thursdays from  
5:05pm - 5:50pm**

*Get your Latin dance on with this super fun exercise class!*



**Spin 'n Lift is now on  
Fridays from  
Noon - 12:45pm**

*It's like weight lifting and cycling had a baby!*

To reserve a spot in a class go to our website [FITPRC.com](http://FITPRC.com)  
See You There!

