

I AM

FITNESS

GROUP FITNESS SCHEDULE



Seniorcise
M 8:30 am
Fri 8:30 am



Cardio Kick
M 10:30 am



Yoga
T 6:00 pm



Sweat
W 9:30 am
W 6:00 pm



Balance Flow Cardio
W 10:30 am



Strength Works
TH 9:30 am



Zumba
Fri 10:30 am



Pilates
Sat. 9:30 am



Spinning
F 9:30 am



Body Pump
Sun. 9:00 am

**RESERVE YOUR
SPOT NOW!**

Online registration available for Group Fitness Classes
at IAMFITNESSCLUB.COM