



FFL WEEKLY CLASS



SUNDAY

YOGAFLOW

10:00AM

EILEEN

MONDAY

CRAFTY SOCIAL

12:00 PM

TUESDAY

CHAIR YOGA

10:00AM

EILEEN

OTAGO

12:15 PM

ANDREA

M.O.M

1:15 PM

WEDNESDAY

STEPPIN

10:00AM

CHAIR STRENGTH

1:00 PM

THURSDAY

FRIDAY

CHAIR STRENGTH

12:00 PM

M.O.M

1:15 PM

SATURDAY

KIDS BOOTCAMP

8:00AM

KIDABILITY

5:00 PM

BRI

REC NIGHT

6:00 PM

DYLAN

GIGI'S

5:00 PM

KIDS BOXING

5:00 PM

DENNIS

CARDIO DANCE

5:00 PM

MICHAELA



Fitness Memberships available

WWW.FITFOR-LIFE.ORG

631.317.3229

