May 2024

All levels Fitness Programs

Special Event

All Levels weight training
Endurance Cardio / Strength
Mod - High Challenge
Ballroom Additional \$

Mindful Practices

Sunday Monday Tuesday Wednesday Thursday Friday Saturday					All classes are based on membership plans			
Cardio Drumming 9:15 Ballroom 7:15 Bal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:15 Salfroom 7:15 Balfroom 7:15 Balfro	28	29	30	1	2	3	4	
Sealtroom 7:15 Ballroom 7:		Cardio Drumming	Build 8:30		Pilates 9:00		Vinyasa 9:00	
Sallroom 7:15 Ballroom 7:1		9:15		Zumba 9:15			Gym Orientation 10:00	
Sallroom 7:15 Sallroom 7:1					Bootcamp 6:00	Build 11:15		
Chair Yoga 9:30 Full Body Strength 10:30 Ballroom 7:15					Member Celebration			
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