



WEEKLY CLASSES

MONDAY

9:15AM SPIN W/ DONNA
5:30 PM PILATES W/ PEGGY

TUESDAY

11AM SILVER SNEAKERS W/ PEGGY
6PM HIT W/ JESSE

WEDNESDAY

9:30AM PILATES SCULPT W/ PEGGY

THURSDAY

9:15AM SPIN W/ DONNA
11AM SILVER SNEAKERS W/ PEGGY

FRIDAY

11AM ZUMBA GOLD W/ CAROLE

SATURDAY

9:30AM BOOT CAMP W/ JESSE
*EVERY OTHER SATURDAY

