

DEFINED HEALTH *& FITNESS*

Class Schedule

MONDAY	9:15 AM	SPIN
	5:30 PM	PILATES
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TUESDAY	11:00 AM	SILVER SNEAKERS
	6:00 PM	HIT
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WEDNESDAY	9:30 AM	PILATES
	6:00 PM	HYBRID ROXSTARS
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THURSDAY	9:15 AM	SPIN
	11:00 AM	SILVER SNEAKERS
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FRIDAY	11:00 AM	ZUMBA GOLD
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SATURDAY	9:30 AM	BOOT CAMP

JOIN US FOR ANY CLASS
\$3/MEMBERS \$10 for NON MEMBERS