



Summer 24! SWEAT

POP UP SCHEDULE

ALL FITNESS LEVELS!

FREE!

CALVARY

Tuesday
10:00 - 11:00

INSTRUCTOR:
KRYSTLE

MAY 14
MAY 28
JUNE 4
JUNE 18

CROSSROAD

Tuesday
6:30 - 7:30

INSTRUCTOR:
KRYSTLE

MAY 7
MAY 21
JUNE 11
JUNE 25

CHESAPEAKE CHURCH

Monday
6:30 - 7:30

INSTRUCTOR:

HALEY
MAY 13
JUNE 10
JULY 15

Friday
9:30 - 10:30

INSTRUCTOR:
BRITTNEY

MAY 24
JUNE 21

LIFE CHURCH

Monday
9:30 - 10:30

INSTRUCTORS:
LISA &
LINDSEY

JUNE 3

Wednesday
9:30 - 10:30

INSTRUCTORS:
LISA &
LINDSEY

MAY 15

INSTRUCTOR:
JULIE
MAY 29
JUNE 26

Bring A Friend!

ALL ARE WELCOME!
NO CHILDCARE