



We're celebrating 50 years with FREE Group Fitness Classes!

Try out any of the listed classes for FREE on the dates listed below.

DATE	TIME	CLASS
Sept. 8	4:00 PM	Flex & Flow
Sept. 9	11:00 AM	Gentle Yoga
Sept. 10	7:00 AM	HIIT: Total Body Reset
	1:00 PM	Zumba
Sept. 11	10:00 AM	Flow Yoga
Sept. 12	5:00 PM	Barre Above
Sept. 13	11 AM	Foam Rolling for Fascia
Sept. 15	5:00 PM	Butts & Guts
Sept. 16	5:00 PM	Alignment-based Yoga
Sept. 17	12:00 PM	TRX Strength & Stretch
Sept. 19	7:00 AM	Boot Camp
	12:00 PM	Fascia Release Class
Sept. 22	3:00 PM	Sculp Yoga
Sept. 24	10:00 AM	Bars, Benches & Balls
Sept. 26	9:00 AM	Work'n the Deep (Pool)
Sept. 29	9:00 AM	Aqua Evolution (Pool)