

FITNESS CLASSES

January 8
to April 26

Drop-ins welcome!

30-Minute Blast Classes

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Fee: 1 visit — \$4.40; 10 visits — \$32.70** ; 20 visits — \$52.90**

**Passes expire 2 years from purchase date

Full Body Blast

A full body strength and condition class hitting all major groups. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Mon	6:30 PM - 7:00 PM*
Tues	5:30 PM - 6:00 PM*
Wed	5:30 PM - 6:00 PM*

- Age 13+
- * No class Feb 19, Mar 11, 12 & 13 and Apr 1

