

FITNESS CLASSES

April 29 to
August 30

Payment must be
made at time of
booking.

Drop-ins welcome!

Group Fitness

This program is designed for any level of fitness. Classes begin with a warm up and transition to an energizing cardio section, with difficulty modifications available. The second section is muscular conditioning exercises, where we use a variety of resistance equipment such as dumbbells, bands, sliders and more. The class concludes with a cool down and stretch, for a relaxing way to end your workout.

Fee: 1 visit — \$9.00; 10 visits — \$65.40; 20 visits — \$105.60
12 month membership — \$357.40 (unlimited classes)

| | |
|-----|------------------|
| Mon | 9:00 - 10:00 AM* |
| Wed | 9:00 - 10:00 AM |
| Fri | 9:00 - 10:00 AM |

- Age 13+
- * No class May 20, July 1 & Aug 5

