

WINTER FITNESS SCHEDULE

KEEP MOVING



TUESDAY

JANUARY 7 - APRIL 1

PILATES - 6-6:45PM - ROB

\$109.00/session

WEDNESDAY

JANUARY 8 - APRIL 2

15 MIN. HIIT - 8:10-8:25AM - MAGGIE

CARDIO STRENGTH - 8:30-9:15AM - MAGGIE

\$57.00/session

\$109.00/session

THURSDAY

JANUARY 9 - APRIL 3

CORE STRENGTH - 6-6:45PM - ROB

\$109.00/session