

SPRING FITNESS SCHEDULE

KEEP MOVING



TUESDAY

APRIL 22 - JUNE 17

PILATES - 6-6:45PM - ROB

\$77.00/session

WEDNESDAY

APRIL 23 - JUNE 18

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

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

\$41.00/session

\$77.00/session

THURSDAY

APRIL 24 - JUNE 19

CORE STRENGTH - 6-6:45PM - ROB

\$77.00/session