



JANUARY

GROUP FITNESS CLASSES

THIS AIN'T NO DANCE CLASS
MONDAY OR WEDNESDAY 5:30-6:30 PM
\$20 (\$8 DROP IN)



CARDIO PUMP
TUES & THUR 8:00-8:45 AM \$32 (\$8 DROP IN)

FULL BODY STRETCH
M/W/F 8:30 -9:00 AM \$32 (\$6 DROP IN)



POWER YOGA
WED 6:30-7:30 PM OR FRI 7:30-8:30 AM \$20
(\$8 DROP IN)

FUNCTIONAL MOVEMENT
MON & THUR 6:15-7:00 PM \$32 (\$8 DROP IN)



SCULPT & TONE
MON & WED 6:15-7:00 PM \$32 (\$8 DROP IN)

CARDIO BOOT CAMP
TUE & THUR 4:30-5:00 PM \$32 (\$8 DROP IN)

The background of the entire image shows a collection of pool noodles in various colors (yellow, blue, orange) and several stacks of yellow dumbbells. The scene is set on a blue and white checkered pool mat.

**JANUARY
AQUA FITNESS CLASSES**

AQUA JOINTS

M/W/F 9:00-9:45AM

PURE AQUA AEROBICS

M/W 5:00-5:45 PM

H2O FITNESS

**TUE & THUR 9:00-9:45 AM &
WED 8:00 -8:45 AM**

"MOVE-IT" H2O

TUE/THUR 8:00-8:45 AM