

FITNESS CLASSES:

LIMIT 9 MEMBERS PER CLASS

SUNRISE SHRED: VAL KENNEDY

MONDAY 6:30-7:30 AM

WEDNESDAY 6:30-7:30 AM

FRIDAY 6:30-7:30 AM

BODY PUMP: GAYLE MOROCCO & LACIE CUMO

MONDAY 5:30-6:30 PM

WEDNESDAYS 5:30-6:30 PM

FRIDAY 5:30-6:30 PM

BODY FLOW: BREIGH CLOUSE

MONDAY 4:30-5:30 PM

WEDNESDAY 4:30-5:30 PM

FRIDAY 4:30-5:30 PM

BODY SHAPE & TONE: MIKE BEECH

MONDAY 12:15-12:45 PM

WEDNESDAY 12:15-12:45 PM

FRIDAY 12:15-12:45 PM

GRIT: BRIANNA WALKER

TUESDAY 5:15-5:45 PM

THURSDAY 5:15-5:45 PM

SILVER SNEAKERS: JAY KENNEDY

TUESDAY 9:45-10:45 AM

THURSDAY 9:45-10:45 AM

BODY PUMP: TORIE MILLER – STARTING 3/23/21

TUESDAY 12:00-1:00 PM

THURSDAY 12:00-1:00 PM