

CORE CLASSES

Monday - Aerobics 9am-10am
Monday-Balance Class 10:30-11:30
Monday -5:30pm-6:30pm Cardio
Monday 6:45pm-7:45pm Pilates

Tuesday- Aerobics 9am-10am
Tuesday - Step- 5:30pm-6:30pm
Tuesday- Zumba 6:45pm-7:45pm

Wed.- Balance Class 10:30am

Thursday -Aerobics 9am-10am
Thursday-5:30-6:30pm Step Interval

CORE Classes -\$10 per month
Balance Class - \$15 per year