

ADULT CLASS SCHEDULE

<i>Pilates</i>	<i>Tues & Thur 5:15pm</i>
<i>Kick Boxing</i>	<i>Tues & Thur 6:30pm</i>
<i>Yoga</i>	<i>Mon @ 5pm, Tues & Fri 12pm</i>
<i>Step Aerobics</i>	<i>Wed 5:30pm, Tues & Thur 8:30am</i>
<i>Zumba</i>	<i>Tues & Thur 7:45pm</i>
<i>Karate**</i>	<i>Mon 6pm Wed 6:45pm</i>
<i>Circuit Training**</i>	<i>Wed & Fri 8:30am</i>

Video Classes

<i>Zumba</i>	<i>M- Th 4pm</i>
<i>Insanity</i>	<i>M-F 11:30</i>

*** denotes classes included with membership*

Video classes come with membership and you are welcome to bring in a dvd and reserve the room with a membership.