

CLASS SCHEDULE

Senior Resistance

Instructors Norm and Alicia

FREE CLASS WITH MEMBERSHIP!!!

TUES. & THURS. 10:00 am



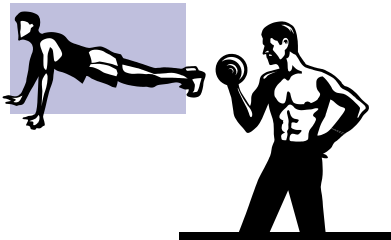
OTHER CLASSES:

MEMBERS: \$25.00 for 10 CLASSES

Drop in: \$2.50 per CLASS

NON-MEMBERS: \$55.00 for 10 CLASSES

Drop in: \$5.50 per CLASS



TUFF NUFF! with NORM
MON. through FRI 5:30 am

YOGA with Mai

TUES & THURS
SATURDAY

6:00 PM
9:00 AM

