

CLASS SCHEDULE

MEMBERS \$25.00/10 CLASSES (\$2.50/CLASS)
NON-MEMBERS \$55.00/10 CLASSES (\$5.50/CLASS)



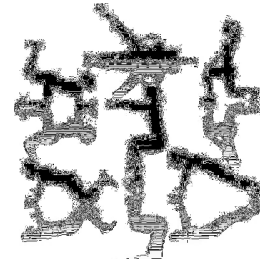
TUFF NUFF! with NORM
MON. through FRI 5:30 am



META & HIIT TRAINING with Eli
(metabolic and high intensity interval training)

MON.TUE, THUR.
FRI.

7:00 PM
6:30 PM



Senior Resistance
Instructors Norm and Alicia
FREE CLASS WITH MEMBERSHIP!!!
TUES. & THURS. 10:00 am

