



Monday

10-11am: Silver Sneakers

6-7pm: Spin

6-7pm: Yoga

7-8pm: Monday Madness

Tuesday

11-12pm: Zumba

6-7pm: Spin

7-8pm: Insanity

Wednesday

10-11am: Silver Sneakers

5:30-6:30pm: Twerk

6-7pm: Spin

6:30-7:30pm: Line Dancing

Thursday

11-12pm: Zumba

6-7pm: Spin and Sculpt

7-8pm: Insanity

Friday

10-11am: Silver Sneakers

Saturday

8-9am: Spin

10-11am: Total Body Bootcamp

12pm-1pm: PIYO

First class Free!!

Drop in \$5

3-Month Unlimited \$99

232 S. Plymouth Avenue-Corn Hill 14608

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