

Group Fitness



Spring 2 2021

SilverSneakers

Mondays, Tuesday, Wednesdays & Thursdays 10:00-10:50 am
Members Only \$0 for 7 weeks

Yoga

Mondays 5:10 - 6:10 pm
Members \$0 Non Members \$40 for 7 weeks

Chair Yoga

Mondays 4:00 - 5:00 pm
Members \$0 Non Members \$40 for 7 weeks.

Cardio Step

Tues or Thurs 5:15-6:15 pm. Sat 10-11am
Members \$0 Non Members \$40 for 7 weeks.

Indoor Cycling

Mon or Wed 6:30-7:15 pm.
Members \$0 Non Members \$65 for 7 weeks

Strong Nation

Wed 5:15-6:15 pm.
Members \$0 Non Members \$40 for 7 weeks.

Zumba

Mon 5:15-6:15 pm.
Members \$0 Non Members \$40 for 7 weeks.

Line Dancing

Wednesdays 11:30 - 1:00 pm.
Members \$0 Non Members \$40 for 7 weeks.