



Spring 2020 Class Schedule

Step: Mondays, 5:15pm

Muscle Pump: Tuesdays and Thursdays, 5:15pm

Aerobic Kickboxing: Wednesdays, 5:15pm

Spin: Mondays & Thursdays, 6pm

Chair Yoga: Mondays, Wednesdays, Fridays, 9am

Vinyasa Yoga: Thursdays, 5:30pm

Saturdays, 10am

Zumba: Tuesdays and Thursdays, 6pm

Barre: Wednesdays, 8am

Saturdays, 11:15am

For More Info, call 903-983-8631