



Class Schedule

MONDAYS

10:00 am Zumba GOLD
11:00 am Drums Alive, Golden Beats
(start 9/16)
12:00 pm Sculpt30 Jazzercise
12:30 pm Essentrics
5:00 pm Zumba*
6:00 pm Cardio Sculpt Jazzercise*

TUESDAYS

9:00 am Total Body Jam
10:00 am Chair Cardio Strength
11:00 am Chair Stretch
5:00 pm Cardio Sculpt Jazzercise*
6:00 pm Zumba*

WEDNESDAYS

10:00 am Zumba GOLD
12:00 pm Sculpt30 Jazzercise
12:30 pm Essentrics
5:00 pm Zumba*
6:00 pm Cardio Sculpt Jazzercise*

*** FREE CHILDCARE during class**

THURSDAYS

9:00 am Total Body Jam
10:00 am Chair Cardio Strength
11:00 am Chair Stretch
5:00 pm Cardio Sculpt Jazzercise*
6:00 pm Zumba*

FRIDAYS

8:00 am Nia (start 9/13)
4:00 pm Tai Chi
5:00 pm Cardio Sculpt Jazzercise
6:00 pm Tahitian Dance Class

SATURDAYS

1st, 3rd, 4th, 5th Saturdays:

8:00 am Cardio Sculpt Jazzercise

2nd Saturday: 8:00 am Zumba

9:00 am Essentrics

REQUEST INFO ABOUT OUR OTHER SERVICES:

- Personal Training
- Motivation Course
- Fall Prevention
- Healthy Eating & Weight Management
- Instructor Training
- Workplace Wellness

**PRICING: we accept most insurance fitness
benefits and price on a sliding scale. We
always make it work for you!**