

FALL – WINTER – SPRING

(2018 - 2019)

FITNESS SCHEDULE

Monday

10:00 – 11:00 A.M. – Yoga

Tuesday

9:00 – 10:00 A.M. – Zumba

10:00 – 10:30 A.M. Toning

Wednesday

10:00 – 11:00 A.M. – Yoga

Thursday

9:00 – 10:00 A.M. – Zumba

10:00 – 10:30 A.M. - Toning