



GROUP EXERCISE EXPO

JAN 11 2025

8:30 AM - 11:30 AM

Class Schedule

Aerobics Room:

8:30-9:00 AM Barre/ 9:00-9:30 AM XTreme
9:30-10:15 AM Zumba/ 10:30-11:00 AM Kickboxing
11:00-11:30 AM Chair Yoga

TRX Room:

11:00-11:30 AM TRX Basic

Pool:

1:00 PM - 3:00 PM Family Swim Time

Yoga Room:

9:00-9:30 AM Yoga all levels



Open to the Community!

Bring a Friend and Get Entered to win prizes!