



GROUP EXERCISE

Member Appreciation

February Happy Hour Schedule

Friday's 6pm-7pm

Group Exercise Studio

February 5th

Zumba – Marie

February 12th

Cardio Attack – Jennie

February 19th

Cardio Party – Nikki

February 26th

Body Pump – Diana

Spinning Studio

February 5th

Mary Fran

February 19th

Gina

February 26th

Julie

Mind/Body Studio

February 5th

Yin Yoga - Kathryn

February 12th

Vigorous Flow & Arm Balances - Christy

February 19th

Yin Yoga - Kathryn

February 26th

*MoonSalutation/Relaxation/Meditation
-Rinah*

We build strong kids, strong families, strong communities.