



BLACK FRIDAY CLASSES

8:30AM TO 10AM

Aerobics Room:

8:30-9:10am - Muscle Mix - Lorien

9:15am-10am - Power Yoga -Cami

Cycling Room:

8:30-9:10am - Cycle - Deanna

9:15am-10am - Cycle - Jamie

North Gym:

8:30-9:10am - HIGH - Amanda

9:15-10am - Zumba - Chelsea

Pool:

9-10am - Aqua Zumba -
Koreena

FREE for members/
4.50 non-members

