

GROUP FITNESS CLASSES



GROUP FITNESS W/ALTON



EVERY MONDAY



10AM - 10:45AM

11:15AM - NOON



170 N. MAIN

BEN HOOKS

GROUP FITNESS W/COURTNEY



EVERY WEDNESDAY



4PM - 5PM



170 N. MAIN

GROUP FITNESS W/ALTON



EVERY TUESDAY & THURSDAY



5:15PM - 6:00PM



CITY HALL

GROUP FITNESS W/ALTON



EVERY WEDNESDAY & FRIDAY



11:15AM - NOON



BEN HOOKS

NOT YET A MEMBER?
COMPLETE AN
APPLICATION TODAY!

