

New Programs (Start - Sept.)

NEW Instructors...NEW Classes!

MONDAYS - 10:30 am Balance by Design
1 – 2 pm New! YOGA class

TUESDAY 11:30 am YOGA / Pilates
1 pm Broadway Burn *(Starts August!)*

WED. 9 *Senior* Martial Arts + Strength
1-3 pm New! Drawing Class
2:30 Group Personal Training

THURSDAY 11:30 New! YOGA class
3 – 4 pm New! Zumba Class

FRIDAY 10 New! Chair Yoga
11 New! YOGA