

NEW CLASSES!

Starting Monday, October 8th

Mondays & Wednesdays:

6:00 – 7:00 a.m. | Butts & Guts | Chelsea

Tuesdays & Thursdays:

8:00 – 8:30 a.m. | SS Boom Muscle | Liz/Chelsea

8:45 – 9:15 a.m. | SS Boom Mind | Liz/Chelsea

Tuesdays:

9:30 – 10:30 a.m. | Core Recovery | Liz

NEW CLASS TIME!

Tuesdays:

6:00 – 7:00 p.m. | Strong by Zumba | Liz

