

Stretch/Fit-Rx: This class is your fitness prescription - Sure to strengthen your core, improve posture, flexibility, agility and improve muscular imbalances. FOR ALL FITNESS LEVELS / EVERY MONDAY  
9:30-10:00am

) AM CHAOS: Thursday morning chaos to be exact. Total body conditioning in a fun format. This fast paced class combines basic calisthenics and athletic movements with a focus on strength, agility and endurance. INTERMEDIATE-ADVANCED FITNESS LEVELS (\*but don't hesitate to try it!) EVERY THURSDAY 5:45-6:30am

Fit For Life: This workout is sure to strengthen all your major muscles in an inspiring, motivating group environment, with great music and an energetic instructor. With simple athletic movements such as squats, lunges, presses, curls... "FIT FOR LIFE" IS FOR ALL FITNESS LEVELS / GREAT FOR BEGINNERS \*  
EVERY SATURDAY 11:00am. appx. 45min.