

Scheurer
Better Health. Better Life.

**SANDY SHORES
WELLNESS CENTER**

7925 CRESCENT BEACH ROAD | PIGEON

PHONE: 989.856.3004



FITNESS CLASS PACKAGES

Tuesdays & Thursdays

January 8 - February 28

JEN FORMAN

CARDIO KICK

5 - 5:45 pm

STEP AEROBICS

6 - 6:45 pm

Bring a step

**BRENNAN
LANGE**

FUNCTIONAL FITNESS

7 - 7:45 pm

Bring a mat

PRE-PAY FOR THE SESSION & SAVE!

PRE-PAID 8-WEEK SESSION: \$84

WALK-IN FEE: \$6 PER CLASS



Jen Forman



Brennan Lange

**CLASSES BEGIN
JANUARY 8TH**

Call to register