

8-Week Sessions run March 4–April 27

Pre-pay for packages on select classes and save!

Walk-In Class Prices: 30 or 45 minute: \$6 | 60-minute: \$7

Splash* Water Aerobics \$84	Monday & Wednesday	9 am - 9:45 am	Maxine
Circuit* \$84	Monday & Wednesday	10 am - 10:45 am	Maxine
Yoga* \$84	Monday & Wednesday	11 am - 11:45 am	Maxine
Water Conditioning \$84	Tuesday & Thursday	9 am - 9:45 am	Jeanne
Cardio Strength Circuit \$42	Tuesday	10:15 am - 11 am	Jeanne
Circuit \$84	Monday & Wednesday	5 pm - 5:45 pm	Maxine
Tabata \$84	Monday & Wednesday	6 pm - 6:45 pm	Maxine
Sculpt/Cardio Kickboxing \$84	Monday & Wednesday	7 pm - 7:45 pm	Maxine
Stay tuned! Starting March 18th Maxine's 7pm Sculpt will change over to Cardio Kickboxing!			
30/30 Pound & Sculpt \$49	Thursday	10:15 am - 11:15 am	Jeanne
Water Circuit \$42	Thursday	4:30 pm - 5:15 pm	Jeanne
Pound \$42	Thursday	5:30 pm - 6:15 pm	Jeanne
Free Pound Class with Jeanne, March 7th at 5:30 pm - 6:15 pm			
Intermediate Yoga	Saturday	8 am - 9 am	Jana
Beginner Yoga	Saturday	9:15 am - 10:15 am	Jana

***Now featuring Silver Sneakers Classes!**

Call to reserve your spot: 989.856.3004

7925 Crescent Beach Road, Pigeon