

April 2019 Fitness Class Schedule

Watch for Package Deals in May!

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

No Classes Thursday April 25th - No yoga Saturday April 20th

Splash Water Aerobics*	Monday & Wednesday	9 am - 9:45 am	Maxine
Circuit*	Monday & Wednesday	10 am - 10:45 am	Maxine
Yoga*	Monday & Wednesday	11 am - 11:45 am	Maxine
Water Conditioning	Tuesday & Thursday	9 am - 9:45 am	Jeanne
Cardio Strength Circuit	Tuesday	10:15 am - 11 am	Jeanne
Circuit	Monday & Wednesday	5 pm - 5:45 pm	Maxine
Tabata	Monday & Wednesday	6 pm - 6:45 pm	Maxine
Cardio Kickboxing	Monday & Wednesday	7 pm - 7:45 pm	Maxine
30/30 Pound & Sculpt	Thursday	10:15 am - 11:15 am	Jeanne
Pound	Thursday	5:30 pm - 6:15 pm	Jeanne
Intermediate Yoga	Saturday	8 am - 9 am	Jana
Beginner Yoga	Saturday	9:15 am - 10:15 am	Jana

***Featuring Silver Sneakers Classes!**

Call to reserve your spot: 989.856.3004

7925 Crescent Beach Road, Pigeon