

LITE FIT

LOW-IMPACT & EASY-TO-FOLLOW CARDIO & STRENGTH

TUES 9.15AM

KETTLEBELL PUMP

WEIGHTS-BASED STRENGTH & ENDURANCE (AGES 15 & OVER PLEASE)

TUES 6PM

CORE

LOW-IMPACT ABDOMINAL STRENGTH TRAINING

WED 5.30PM

DANCE FIT

MID-IMPACT DANCE-BASED MOVEMENT

WED 6PM

SPIN

STATIONARY CYCLES - LIMITED PLACES (BOOKING SHEETS AT THE CLUB)

FRI CIRCUIT 9.15AM

COMBAT

HIGH-ENERGY PUNCH & KICK CARDIO, AGILITY, & STRENGTH

FRI 6PM