

Fall Fitness Zoom Schedule

MONDAY

8:30 AM - Yoga (Beginner) - Sandra

5:00 PM - Zumba - McClees

6:00 PM - Yoga (Beginner) - Sue

TUESDAY

9:00 AM - Zumba Toning - McClees

7:00 PM - Piyo - Vicki

WEDNESDAY

9:00 AM - Barre - Magda

6:00 PM - Soul Fusion (Intermediate) - Magda

7:00 PM - Zumba - Krystal

THURSDAY

9:00 AM - Zumba Gold- McClees

6:00 PM - Strong By Zumba - Jennifer

FRIDAY

8:30 AM - Yoga (Intermediate) - Sue

SATURDAY

8:00 AM - Piyo - Vicki

9:00 AM- Zumba plus Toning - McClees

Life Center Fitness classes are included in your membership. Please call the office for details or for your log-in information.
(609) 499-4800