MONDAYS & WEDNESDAYS
STARTING SEPTEMBER 13TH

**Body Sculpt**
6:00pm (45min)

Looking to tone and strengthen? This workout will use weights, bands, and more to condition and sculpt your entire body! You'll improve core strength and flexibility, while burning major calories!

THURSDAYS
STARTING SEPTEMBER 30TH

**Zumba®**
6:00pm (45min)

Ditch the workout, join the party! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

TUESDAYS
STARTING SEPTEMBER 14TH

**Midday Yoga Flow**
12:15pm (1hr)

We build on beginners' poses and start to establish basic strength and flexibility throughout the entire body. Longer holding times and a focus on the flow in-between poses will increase focus, release stress, and expand both your internal and external awareness.

Zumba®
6:00pm (1hr)

Ditch the workout, join the party! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.