



BLACK FRIDAY CLASSES

8:30AM TO 10AM



Aerobics Room:

8:30-9:10am - Power Yoga - Cami

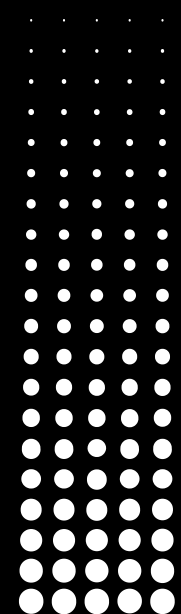
9:15am-10am - PUMP - Becky

Cycling Room:



8:30-9:10am - Sports Cycle - Jamie

9:15am-10am - Cycle - Emily



North Gym:

8:30-9:10am - HIGH - Kristin

9:15-10am - Zumba - Jane

Pool:

9-10am - Aqua Blast - Gay



FREE for members/
4.50 non-members

