



Class Schedule

eff. 11/2018

TOTAL BODY TONING
TUESDAY & THURSDAY
6:00 a.m. – 6:45 a.m.

LOW IMPACT AEROBICS
Daily, Monday-Friday
9:30 a.m. – 10:15 a.m.

SIT & GET FIT
Daily, Monday – Friday
11:00 a.m. – 11:30 a.m.

Modified Chair Class
Monday, Wednesday, Friday
2:00 p.m. – 2:30 p.m.

ZUMBA
February 4th – March 13th
April 8th – May 15th
6:00pm @ BancCentral
Anthony KS.