

Membership Appreciation Day

Wednesday March 17, 2010

Health and Wellness Schedule

9:30 – 10:00 am: KettleBell with Dawn

10:15 – 10:45 am: Group Centergy
mini-class with Mary and Tamera

11:00 – 11:30 am: Kickboxing mini-
class with Cheri

5:00 – 5:30 pm: Functional Core
Workout with Cheri

5:30 – 6:30 Tae Kwon Do

7:00 – 7:30 pm: Functional Fitness
Cardio Circuit with Matt

All bonus classes take place in the functional fitness area upstairs!

