

JOURNEY TO WELLNESS FITNESS CLASSES

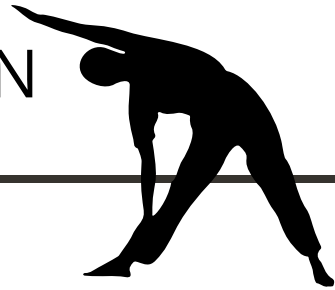
JANUARY - MARCH 2021



MONDAY

evening

8:00PM VIRTUAL
STRETCH & RELAXATION



TUESDAY

evening

6:30PM VIRTUAL
STRENGTH CIRCUITS

WEDNESDAY

8:00AM VIRTUAL
TABATA FIT CAMP

THURSDAY

evening

6:30PM VIRTUAL
STRENGTH CIRCUITS

SATURDAY

8:00AM IN-PERSON
& VIRTUAL FIT CAMP



SUNDAY

9:00AM VIRTUAL
WEEKEND WARRIOR

24hour replay available on virtual classes