

UPCOMING DANCE & FITNESS CLASSES

Total Fitness Fun

Mon, Jan 12-Feb 23 No Feb 16 from 11:15-12:15

Yoga with Megan

Tues, Jan 13-Feb 24 from 9:30-10:30

Clogging Absolute Beginner

Wed, Jan 14-Feb 25 from 9:00-10:00

Cha- Cha Charge

Wed, Jan 14-Feb 25 from 11:00-12:00

Balanced Beats

Fri, Jan 16-Feb 27 from 9:30-10:30

Flex and Flow with Arthritis

Mon, Jan 12-Feb 23 No Feb 16 from 10:15-11:15

Fri Jan 16-Feb 27 from 9:00-10:00

Friday Power Hour

Fri, Jan 16-Feb 17 from 10:45-11:45

Register in person, online or by calling 780-468-1985

