

SPRING BREAK **FREE**

FITNESS CLASSES!!

AT PIGEON RIVER REC. CENTER GYM

March 25	8:30-9:30 am	Dance & Sculpt
March 25	4:45-5:30 pm	Yoga Basics
March 25	5:45-6:45 pm	Steppin' Up
March 26	5:30-6:15 am	Pound Class
March 26	8:30-9:30 am	Dance & Sculpt
March 26	9:45-10:30 am	Body Recharge
March 26	4:45-5:30 pm	Yoga Basics
March 27	8:30-9:30 am	Dance & Sculpt
March 27	4:45-5:30 pm	Yoga Basics
March 27	5:45-6:30 pm	Pound Class
March 28	5:30-6:15 am	Pound Class
March 28	8:30-9:30 am	Dance & Sculpt
March 28	9:45-10:30 am	Body Recharge
March 28	5:45-6:45 pm	Steppin' Up
March 29	8:30-9:30 am	Dance & Sculpt
March 30	8:00-9:20 am	Keepin' It Real Step & Quick Fit
March 30	9:30-10:15 am	Dance & Sculpt

AT BETHLEHEM LUTHERAN SCHOOL GYM

March 25	5:30-6:30 pm	Dance & Sculpt
March 26	5:30-6:30 pm	Fusion Fitness
March 27	5:30-6:30 pm	Dance & Sculpt
March 28	5:30-6:30 pm	Fusion Fitness

AT COOPER SCHOOL GYM

March 25	4:45-5:30 pm	S.T.A.R. Treatment
March 25	5:45-6:45 pm	Strength Training
March 26	4:30-5:15 pm	Step
March 26	6:00-7:00 pm	ZUMBA
March 27	4:45-5:30 pm	S.T.A.R. Treatment
March 27	5:45-6:45 pm	Basic Beginnings
March 28	4:30-5:15 pm	Step
March 28	6:00-7:00 pm	ZUMBA

AT LONGFELLOW SCHOOL GYM

March 26	7:45-8:45 am	Gentle Yoga
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March 28

7:45-8:45 am

Gentle Yoga