

*"Every
workout
counts"*

July 2021

Su	Mo	Tu	We	Th	Fr	Sa
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

CLASS DESCRIPTION

TOTAL BODY TONING

Blast all of your muscles with this high repetition movement and non-cardio exercises. The class uses body bars, barbells, dumbbells, weight plates, and more with a unique integration of functional training, perfectly timed to dynamic music.

SPIN CYCLE

Ride from the shoreline to the hills in this journey designed to provide you with the optimum fat burning and strength building. This class is for beginners as well as seasoned cyclists.

GROUP FITNESS CLASSES

MONDAYS

Total Body Toning

Time: 12-1 p.m.

Instructor: Jessica Fellman

TUESDAYS

Spin Cycle

Time: 5-5:45 p.m.

Instructor: Fronty Parker

THURSDAYS

Spin Cycle

Time: 5-5:45 p.m.

Instructor: Fronty Parker



Registration is Required +1(907)873-2696

Masks are Required - Participants must wear a face mask at all times, unless fully vaccinated.

Group size is limited due to COVID-19 Restrictions.



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