

A New Class is starting
Monday, September 14th !!!



Body Blast

It's not a party, but it's a Body Blast!! This class combines weight training with a cardiovascular exercise and is filled with liveliness, enthusiasm and lots of fun! A variety of equipment is used such as body bars, body balls, cables, BOSU, gliding discs, jump ropes, hula-hoops, the step and more.

All fitness levels are welcome!

Monday & Wednesday
4:15-5:00pm

Studio 1

Instructor:
Gayla Martens

This class is open to all
Plus members