



New Classes

Group Fitness: Pump-n-Crunch at 4:30pm on Mondays & Jazz Mix at 10am on Thursdays. Indoor Cycling: Cycle-X at 9am on Thursdays. Lap Pool: Aqua Fusion at 8am on Mondays, 5:30pm on Tuesdays & 10am on Wednesdays. Chair Aerobics in the Education Rm at 9am on Mondays & Wednesdays.