

Group Fitness

March Class Changes

Studio 1

Saturdays at 11:45 a.m. - Due to popular demand, Les Mills Body Pump has been added to the group fitness schedule beginning March 14th.

Studio 2

Wednesdays at 1:00 p.m. - Aerial Yin Yoga has been temporarily removed from the schedule. Yin Yoga with Krista will take its place.