

DISCOVER SOMETHING NEW ABOUT YOU

During December Demo Days

It's time to discover your new favorite class during demo days!

P90X LIVE - is a total body workout that will keep your body guessing and transforming with a variety of strength-training moves, cardio conditioning, and core work.

- 12/13 10:30am
- 12/16 8:30am

Vibe Fitness - is creative choreography fused with strong fitness elements to create a studio style dance workout that is as effective as it is fun

- 12/19 5:30pm
- 12/21 11am

Barre Fusion -This class infuses elements of Pilates, Ballet, and total body conditioning with controlled movements. This class will use light weights, resistance bands, fit balls and may include a cardiovascular element. No dance experience is necessary.

12/21 5:30pm



Contact Kathy Thomas for more information
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Bring a friend for FREE to try out the class.
Must have a valid id and fill out a guest form.