

BRAND NEW CLASS- Cardio Blast- Tuesdays and Thursdays at 5:30 pm

Cardio Blast – Every Tuesday and Thursday at 5:30pm. High intensity cardio class. This class will get your heart pumping while using steps, body weight exercises and light weights that focus on the entire body. This class will maximize your workout time and fat burning ability. For all fitness levels. Bring your own mat.

This class is on the new May 2016 Schedule!