

# CLASSES FOR A CAUSE

HELP US BUILD A STRONGER COMMUNITY



**COME TO A CLASS, MAKE A DIFFERENCE**

**WEDNESDAY, FEBRUARY 23<sup>RD</sup>**

**8:00 – 9:30am Bootcamp, Drums, Step/Muscle Mania, & Spin (20 mins each)**

**9:45 – 11:00am Zumba, Drums Alive, & Chair Yoga (20 mins each)**

**12:00 – 1:00pm Spin & Strength**

**5:30 – 7pm Spin, Cardio Kick, Power Core, Pound & Yoga (20 mins each)**

**FRIDAY, FEBRUARY 25<sup>TH</sup>**

**9:00 – 10:30am Kickboxing, Pound Fit, Body Combat, Aqua Zumba (20 mins)**