



## Winter FITNESS SCHEDULE

Sunday

10:00am - 11:00am  
**Bootcamp** / Tanya

Monday

Tuesday

10:15am - 11:15am  
**Power Pilates** / Tanya

8:30pm - 9:15pm  
**Zumba** / Goldy

Wednesday

Thursday

8:30pm - 9:15pm  
**Zumba** / Goldy

Friday

10:00am - 11:00am  
**Kickboxing & Abs** / Tanya

Saturday

Price per class \$18

10 Class Card \$150

\*class schedule subject to change

We offer personal training

844-TANYA-DIET  
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Gift Certificates  
Available

