



910-259-0422  
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# GROUP FITNESS CLASSES

6 am – 8 pm	6 am – 8 pm	6 am – 8pm	6 am- 8 pm	6am – 8 pm	8am – 12noon
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
8:00am Body Pump	6:30am RPM	8:00am Cardio	6:30am RPM	8:00am Body Pump	
9:30 am Fit Over Fifty	9:45 Yoga	10:45am Pilates	10:30am Geri-fit at HP	Zoom Pilates	Close at noon
10:30 Tai Chi (8 wks) 5:30pm Body Pump			5:30pm RPM		<b>Sunday</b> CLOSED