

Fit Ball

The purpose of Fit ball is to strengthen your core muscles, the muscles that serve to add stability to the body during movement.

Monday/Wednesday

9:45 - 10:15am Instructor: Sheri Burchette

Monday/Wednesday

1:30 - 2:00pm Instructor: Janet Musgrove

Monday

6:45 - 7:30pm Instructor: Christine Reynolds

Tuesday/Thursday

9:45 - 10:15 am Instructor: April Sawyers

Thursday

7:45 - 8:30 pm Instructor: Christine Reynolds



Turbo Cut

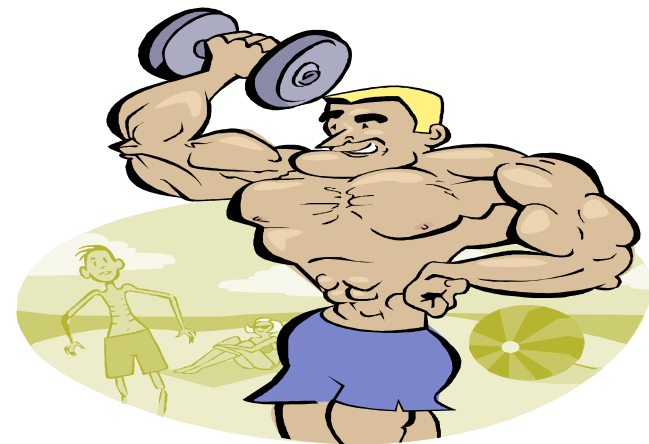
Maximize your workout in minimum time with this intense upper, lower, and abs workout; hand weights, medicine balls, and stability balls will be used in this class to strengthen each part of the body.

Friday

10:00 - 10:30am

Aerobics Room

Instructor: Brian Freeman



e-drive: fitness/fitness flyer