

This Summer Only! **We are adding THREE NEW CLASSES to our schedule.**

Starting Friday June 23rd Join Chris for this full body workout. Mix and match workouts, or come to all three for a complete head to toe workout!

FRIDAYS:

*2:15pm -2:45pm
Gorgeous Glutes
and Leaner Legs*

FRIDAYS:

*2:50pm – 3:20pm
Healthy Back,
Happy Core*

FRIDAYS:

*3:25pm – 3:55pm
Awesome Arms*

