

Winter Fitness Schedule

Fitness Classes with Karen Roos

Cardio/Strength Training
Class Every Monday,
Wednesday & Friday
from 8:30-9:15am. Emphasis
on Core Conditioning &
Strength Training

Step Aerobics with Marsha

Every Monday,
Wednesday, Thursday
and Saturday from
9:30-10:30am in
the Aerobics Room

Barre & Abs with Carol

Every Tuesday and
Thursday from 8:00-
8:45am in the
Aerobics Room