



Total Combined Energy
GROUP FITNESS
Stronger Together.



MON

09:30 AM Stretch and Move with Tina
10:30 AM Line Dance with Mike
6:15 PM Siren Dance with Jenna

TUE

8:30 AM Pilates with Jennifer
9:30 AM Strength with Tina
4:00 PM Total Kids Class with Tina
5:30 PM Step and Tone with Jennifer
6:30 PM Cardio and Sculpt (with weights) with Chris

KIDS
WELCOME!

NEW!
NEW TIME!
STARTING 7/21

WED

09:30 AM Stretch and Move with Tina
10:30 AM Line Dancing with Mike
6:15 PM Siren Dance with Jenna

THU

9:30 AM Strength with Tina
4:00 PM Total Kids Class with Tina
6:30 PM Cardio and Sculpt (with weights) with Chris

KIDS
WELCOME!

FRI

8:30 AM Pilates with Jennifer
9:30 AM Circuit Cardio and Sculpt with Jenny
10:30 AM Line Dance with Mike
6:00 PM Line Dance with Mike

SAT

9:15 AM Step and Tone with Jennifer

SUN

No Classes



MOVE. SWEAT. SMILE. REPEAT.

STRONGER TOGETHER.
See you in class!

