

OPEN HOUSE

The Place to Be for a Healthy You!



GROUP FITNESS CLASS DEMOS

Group Fitness Room 301

9:00-9:15A – with Janet Tauer

9:30-9:45A – with Janet Tauer

10:00-10:15A – with Troy (Tai Chi)

10:25-10:40A - with Troy (Tai Chi)

10:50-11:05A - with Troy (Tai Chi)

11:15-11:30A - with Patricia (Chair Yoga)

11:40-11:55A - with Patricia (Chair Yoga)