

SPA MOTO

March Fitness Schedule

\$10/class

Sunrise Yoga

Every Saturday
9:00am-10:00am

Piyo

Monday and Wednesday
6:45am-7:45am

Water Aerobics

Monday 2nd, Thursday 5th, Friday 6th
Friday 13th
Monday 16th, Thursday 19th, Friday 20th
Monday 23rd, Thursday 26th, Friday 27th
Monday 30th
8:30am-9:30am