

Fitness Classes:

Pilates + Barre Sculpt:

Mondays 9:00-9:45am

Saturdays 8:00-8:45am

Yoga:

Tuesdays 12:00-12:45pm

Fridays 9:00-9:45am

Dance Fit:

Wednesdays 9:00-9:45am

Mat Pilates:

Wednesdays 12:00-12:45pm

UpBeat Barre:

Thursdays 12:00-12:45pm

Dance Classes:

Ballet:

Tuesdays 7:30-8:30pm

Jazz/Heels:

Tuesdays 8:30-9:15pm

Contemporary:

Wednesdays 5:15-6:00pm

Tap:

Wednesdays 8:30-9:15pm