



**SIGN UP FOR ONE OF
OUR CLASSES TODAY!**

**BEGINNER'S
BODY CONDITIONING**

Thursdays
9 a.m. - 10 a.m.
Citizens Park Gym
\$20/ month

**BEGINNER'S
YOGA**

Tuesdays
9 a.m. - 10 a.m.
Thursdays
5:45 p.m. - 6:15 p.m.
Citizens Park Gym
\$20/ month

BODY CONDITIONING

Tuesdays & Thursdays
6:30 p.m. - 7:30 p.m.
Citizens Park Gym
\$20/ month

BOXING & FITNESS CENTER

Open
Monday - Thursday
3 p.m. - 8 p.m.
FREE

FRIENDLY FITNESS WITH CAROLINE

Monday, Wednesday & Friday
5 a.m. - 6 a.m.
Citizens Park Gym
\$20/ month

LUNCH BUNCH WALKERS

Mondays & Thursdays
11 a.m. - 1 p.m.
Citizens Park Gym
FREE

OPEN GYM

Monday - Friday
1 p.m. - 6 p.m.
Citizens Park Gym
FREE

PICKLEBALL

Mondays
6:30 p.m.
Citizens Park Gym
FREE

TAKE A SEAT CARDIO & STRENGTH

Tuesdays
10:30 - 11:15 p.m.
Citizens Park Gym
\$20/ month