

**FREE FITNESS CLASSES  
ALL LEVELS WELCOME**

**DECEMBER  
SCHEDULE**

**MONDAY**

TRIPLE THREAT 8:30AM @ BRICK CITY PARK

**TUESDAY**

POWER HOUR 9 AM @ JERVEY GANTT PARK

BODY SCULPT 3:15-4:15 @ ROMEO ELEMENTARY

**WEDNESDAY**

TRIPLE THREAT 8:30AM @ BRICK CITY PARK

**THURSDAY**

POWER HOUR 8:30AM @ TUSCAWILLA

POWER HOUR 5:30 PM @ FRANK DELUCA  
YMCA

**FRIDAY**

TRIPLE THREAT 8:30AM @ MCPHERSON

WALK/RUN CLUB 9:45AM @ MCPHERSON

CHECK OUR WEBSITE OR SOCIAL MEDIA FOR LATEST NEWS