



Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am - 11am SilverSneakers	10am - 11am SilverSneakers	10am - 11am SilverSneakers	10am - 11am SilverSneakers	10am - 11am SilverSneakers		
6pm - 7pm Youth Boxing (850)529-1375	6pm - 7pm Youth Boxing (850)529-1375	6pm - 7pm Youth Boxing (850)529-1375				
		5:30pm-6:30pm Red-light Yoga Class				

One on One Training

Meet with a coach or trainer and let us work on your goals together!

Text or leave Voicemail
at (850)341-6066

