



Update Classes ADDED 2/1/2010

Member PLUS +

Member Plus allows you to pay one low price and participate in all core land based fitness classes.

Core Classes Include: Fit Camp, Body Sculpting, Gentle Mat Pilates, Pilates Matwork, Latin Aerobics, Saturday Surprise, Kickboxing, 80's Remix, Turbo Kick Boxing, Yoga, Circuits, Y Power X and Zumba!

Go to as many of these core classes as many times as you want, for only \$15.00 more a month!

Stop by the front desk and add this service!

This is a members only benefit!

Classes are filled on first come first serve

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