

4th of July Group Fitness Schedule:

Wednesday, July 3rd (5:30am-8:00pm)
Normal Fitness Schedule

Thursday, July 4th (5:30am-6:00pm)

6:00-7:00am BodyPump (Boreas Pass Studio) - Kasia 7:15-8:15am YoFlow (Boreas Pass Studio) - Angela 8:30-9:30am Barre Fusion (Georgia Pass Studio) - Joyce

Friday, July 5th (5:30am-8:00pm)
Normal Fitness Schedule