Noontime Fitness Class

Wednesdays and Fridays @ Noon

Beth Dorothy, Instructor

This class offers full body/core strength and cardio training using circuit, Tabata and HIIT type workouts. Equipment used/provided during sessions is dumbbells, kettle bells, stability balls, floor mats, steps.

All fitness levels are welcome as a low impact modifier is always offered if needed or desired.

First class is FREE!!!

Non-member's fee is $40/12 classes

Member's fee is $30/12 classes

Encouragement, challenge, support, fun…results!!!! Come join us!