



ACHIEVING
YOUR FITNESS
GOALS JUST
BECAME
FUN

EXERCISE IS HARD ENOUGH.
GET THE MOST OUT OF YOUR WORKOUTS
BY TEAMING WITH A GROUP CLASS.

STEP AEROBICS

TUE & THUR | 6:00 - 7:00

ZUMBA

MON & WED | 7:00 - 8:00

RETRO-ROBICS

MON & FRI | 5:00 - 6:00

CARDIOKICK

TUE & THUR | 4:30 - 5:30

HIP HOP AEROBICS

TUE & THUR | 6:00 - 7:00

CIRCUIT TRAINING

SAT & SUN | 3:00 - 4:00

PILATES

TUE & WED | 7:00 - 8:00

SPINNING

SAT & SUN | 6:00 - 7:00



**AEROBICS
CENTER**

5432 Any Street West Townsville, ST 54321
555-543-5432 | www.yourwebsitehere.com



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DANCE AEROBICS
SAT & SUN | 4:00 - 5:00

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