



ALL AEROBICS
CLASSES START AT

\$15

Join us today!

OPEN FITNESS CLASSES.

GET THE MOST OUT OF YOUR WORKOUTS
BY TEAMING WITH A GROUP CLASS.

STEP AEROBICS

TUE & THUR | 6:00 - 7:00

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ZUMBA

MON & WED | 7:00 - 8:00

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RETRO-ROBICS

TUE & THUR | 6:00 - 7:00

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CARDIOKICK

MON & WED | 7:00 - 8:00

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BARRE

MON & FRI | 5:00 - 6:00

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HIP HOP AEROBICS

TUE & THUR | 6:00 - 7:00

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CIRCUIT TRAINING

SAT & SUN | 3:00 - 4:00

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SPINNING

SAT & SUN | 6:00 - 7:00

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**AEROBICS
CENTER**

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