

# Health and Fitness Class Schedule

## **Kickboxing**

Tuesday

5:25 p.m.

Thursday

5:25 p.m.

## **Body Shape**

Tuesday

6:15 p.m.

Thursday

6:15 p.m.

## **Cardio Sculpt**

Wednesday

5:30 p.m.

## **Seniors Class**

Tuesday

10:00 a.m.

Thursday

10:00 a.m.