

Spring Paid PROGRAMS for Adults!

Programs begin the week of March 21st unless noted

Registrations after March 14 will be assessed a \$5.00 administration fee

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4:30pm Pilates*</p> <p>8:00 pm Fast/Fit/Fun Boot Camp Begins 4/11</p>	<p>9:00am Tap Dance</p> <p>10:00am All About ABS</p> <p>10:45am Hit IT! A Heavy Bag Boxing Workout Begins 4/20</p> <p>11:15am Aquacise*</p> <p>7:30 pm Hit IT! A Heavy Bag Boxing Workout Begins 4/20</p> <p>7:30pm Yoga*</p> <p>7:30pm Aquacise*</p>	<p>12:30pm Chair Yoga*</p> <p>6:45pm Pilates*</p> <p>7:30pm Aquacise*</p> <p>7:45pm ZUMBA</p> <p>8:00 pm Fast/Fit/Fun Boot Camp Begins 4/14</p> <p>8:45 pm Belly Dancing</p>	<p>11:15 am Aquacise*</p> <p>7:15 pm All About ABS</p> <p>7:30pm Aquacise*</p>	<p>10:00 am Yoga*</p> <p>12:15pm Aquacise*</p> <p>5:00pm Just Dance! New! begins 4/16</p> <p>5:30pm Kickboxing*</p> <p>7:15pm Cardio Salsa*</p>	<p>11:30 am Latin X-Plosion Dance Class begins 4/17</p> <p>2:00 pm Intermediate Pole Dance begins 4/17</p> <p>4:00 pm Beginner Pole Dance begins 4/17</p> <p>Sunday</p> <p>10:15 am All About ABs</p> <p>11:00 am Fast/Fit/Fun Boot Camp Begins 4/11</p>
<p>CASH for Gold Monday, March 15th 9-1 & 4:30-8</p> <p>Exotic Pole Dance Workshop Saturday, April 10</p>					



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www.Spa23.com

Please see Program Flyers for start dates, times and costs or log onto: www.Spa23.com

*These programs are FREE to members--no registration required