



## March Schedule

Members \$15 upgrade for unlimited classes

Non Gym-Members \$40 unlimited classes

Guest walk-in fee \$7 per class

Silver Sneakers Members \$20 Unlimited Classes

### Monday

Cardio Sculpt 9 am (Sherri)  
AB Attack 5:30 pm (Damien)  
BodyBlast 6 pm (Damien)  
Zumba 7 pm (Erica-Lynn)

### Tuesday

SPIN 6am (Harry)  
Pilates 9 am (Jen)  
Silver Sneakers Circuit 10 am (Sara)  
SPIN 11 am (Ann)  
Gentle Yoga 4 pm (Jen)  
Body Sculpt Bootcamp 5:30pm (Damien)  
Zumba 6:30pm (Erica-Lynn)

### Wednesday

SPIN 6 am (Sara)  
DancXise 9 am (Sherri)  
Restorative Yoga 4 pm (Jen)  
Kettlebell Blast 5:30pm (Damien)  
Spin & Sculpt 6:30 pm (Sherri)

### Thursday

TRX 6am (Harry)  
Cardio-Jam 9 am (Sherri)  
Silver Sneakers Stability 10 am (Sara)  
Zumba Gold 11 am (Julie)  
Gentle Yoga 4 pm (Sarah)  
SPIN 5:30 pm (Harry)

### Friday

SPIN 6 am (Sara)  
Yoga 8 am (Maddy)  
Move & Tone 9:30 am (Sherri)

### Saturday

Yoga 9 am (Karlin)  
SPIN 10:15 am (Damien)  
Zumba 11:15 AM (Janine)

**910-399-4760**

Schedule updates available at [www.4ever24fit.com](http://www.4ever24fit.com)