



September 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

Body Blast 5:45 pm (Harry)

Tuesday

SPIN 6 am (Harry)

SPIN 11 am (Ann)

Gentle Yoga 4 pm (Leah)

TRX & Strength 5:30 pm (Harry)

Wednesday

Thursday

Body Blast 6 am (Harry)

Zumba Gold 11 am (Will)

Zumba 4pm

SPIN 5:30 pm (Harry)

Friday

Saturday

Yoga 9 am (Charlie)

SPIN 10:15 am (Sarah S.)

910-399-4760

Schedule updates available at www.4ever24fit.com