

4th of July Group Fitness

Oak Park:

9:00-10:00am Strength for All w/ Alison

Parkwood:

10:00-11:00am Stretch w/ Laura

Westside:

7:00-8:00am Strength & Flexibility w/ Ken

8:30-9:00am Body Weight Works w/ Barbara

9:05-9:50am Cycling w/ Barbara

10:00-10:30am Core Conditioning w/ Barbara

