

FEBRUARY



MONTHLY EVENTS

WEEKLY CLASSES

- HPF Mondays - Fridays 5:30 am - 6:30 am & 6:30 am - 7:30 am
- FIP Mondays 6:00 am & Wednesdays 7:00 am
- PTX Mondays & Thursdays 6:00 am - 7:00 am
- Family Boot Camp Tuesdays - Thursdays 9:00 am - 10:00 am

SPECIAL EVENTS

- Biggest Loser Challenge 16 January - 15 March
- Varsity Basketball Game Saturday, 3 February 10:00 am & 2:00 pm
- Black History Month Trivia Run Friday, 23 February 3:00 pm

*Call to schedule a relaxing Massage
Therapy Session or Pre/Postnatal
Training Session today!*

(229) 257-1621