

JULY



MONTHLY EVENTS

WEEKLY CLASSES

- Zumba Mondays 12:00 pm
- FIP Tuesdays 6:00 am & Thursdays 7:00 am
- PTX Mondays & Thursdays 6:00 am - 7:00 am
- Yoga in the Air Park Tuesdays 5:15 pm
- Family Boot Camp Tuesdays & Thursdays 9:00 am - 10:00 am
- Indoor Cycling Wednesdays 5:30 am
- Indoor Yoga Thursdays 7:00 am

SPECIAL EVENTS

- The Nest Nurtrition Grand Opening Ribbon Cutting Monday, 15 July 10:30 am
- Backpack to School Bash Friday, 19 July 9:30 am

*Call to schedule a relaxing
Massage or Personal Training
Session today!*

(229) 257-1621

