

WELLNESS WEDNESDAY

FALL 2023 SCHEDULE

8:15 AM CLASSES

PRESENTED BY GRAND FITNESS

OCTOBER 4

BOOTCAMP WITH TIFFANY EDWARDS

OCTOBER 11

HIIT CLASS WITH AMELIA DELMARTER

OCTOBER 18

BURN CLASS WITH ANNA DENNY

OCTOBER 25

BOOTCAMP WITH KYLE HIGGINBOTHAM

5:00 PM CLASSES

CONNECT WITH YOURSELF AND YOUR CHILDREN
AS WE EXPLORE BREATHING AND FUN POSES WHILE
INCORPORATING MINDFULNESS PRACTICES.

A PERFECT COMBO OF LAUGHTER AND RELAXATION!

OCTOBER 4

FAMILY YOGA WITH NATALIE LEON

OCTOBER 11

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OCTOBER 18

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OCTOBER 25

FAMILY YOGA WITH NATALIE LEON