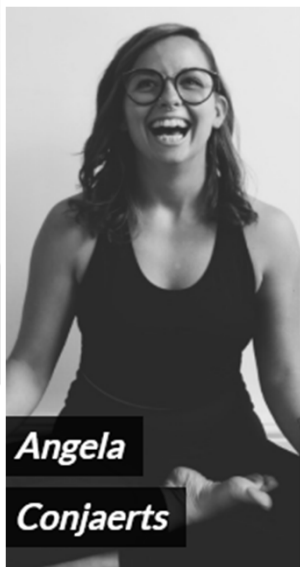
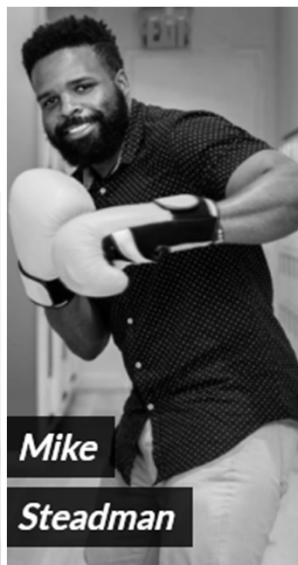


**Adrian
Del
Arroyo**



**Angela
Conjaerts**



**Mike
Steadman**



**Allie
Duffy**



**Jeannine
Desmier**

We're Stronger Together

Find a fitness routine that works with your schedule, and a community that will support your personal goals. Experts in health, fitness, and physical therapy teaching courses every week in:

		<u>EST and On Demand</u>
Cardio	Circuit Training	9am
	305 Fitness Dance Cardio	11am + 7pm
	Bootcamp Workout	3pm
Strength	1Sculpt Barre Fitness	7am + 9am
	Boxing Fitness	9am + 1pm + 7pm
	Strength and Ab Training	11am
Stability	Neck, Shoulder, & Back Pain	7am + 9am + 1pm
	Breath & Body Yoga	9am + 11am
	Pilates for Mobility and Movement	5am