



Healthy Heart Weekend

Special Free Classes

Sat, Feb. 11th 9a-10a Gentle Yoga with Belinda

Sun, Feb. 12th

12p-1p Cardio Kickboxing with Elle

1p-2p Zumba with Margie

2p-3p Strength and Lengthen with Margie

These special Healthy Heart weekend classes are FREE to members!