

TUESDAYS

**TOTAL BODY
STRENGTH**

12:15PM, 45 mins



PILATES

4:15PM, 45 mins

WEDNESDAYS

TRX FIT

12:15pm, 30mins

**CORE
STRETCH**

12:45pm, 15 mins

YOGA

4:15PM, 45 mins

THURSDAYS

TONE UP

7:00am, 30mins



**POSITIVE POWER
CLASS SERIES**

12:15pm, 45 mins

May 1: Zumba
May 8: Balance & Power
May 15: WERQ
May 22: Pound
May 29: Cycling


**POSITIVE
MIND**


**POSITIVE
VIBES**


**POSITIVE
LIFE**

**Positive Power
Class Series**

12:15pm, 45 mins



May 1: Zumba
May 8: Balance & Power
May 15: WERQ
May 22: Pound
May 29: Cycling

May is Mental Health Awareness month and what better way to celebrate than focusing on the power of positivity in your mind, relationships, surroundings and fitness routines!

Join us for five weeks of Thursday classes that will lift your spirits, your energy and leave you with a positive mindset. From May 1-18, get 1 bonus minute in the Plank Challenge for each Group Fitness Class you take!

Grab product samples and store coupons for participating and feel free to wear green in honor of Mental Health Awareness!