

Jump Rope

GROUP FITNESS CLASSES

BEACH BODY WEDNESDAY: 5:00 – 6:20pm
(Core & Glutes)

Moderate dumbbells & weighted jump rope to work on cardio, toned abdominal and glutes, sculpting a perfect hot summer body in the fat burning zone!

FULL BODY FRIDAY: 5:00 – 6:20pm
(Bodyweight)

Bodyweight blast of high intensity, anaerobic exercises, touching on a little bit of everything including arms, legs, core, cardio, weighted jump rope & a good quick sweat to balance your body before the weekend's rest.

Signup online or at front desk

Instructor: Natalie Doehla

Where: Program Room/Yoga Studio

Start Date: May 3, 2023

THE
SWIMMING
HOLE