

***WEEKLY FITNESS  
CLASSES IN  
WARM SPRINGS***

**POWER LUNCH**  
**(Strength Training, HIIT & Cardio)**  
**Monday/Thursday @ 12:10pm**

**POWER UP**  
**(Strength & Cardio)**  
**Tuesday @ 6am**

**YOGA STRONG**  
**Tuesday/Friday @ 12:10pm**

***STARTING APRIL 4TH - ALL CLASSES AT  
THE OLD ELEMENTARY SCHOOL GYM***