

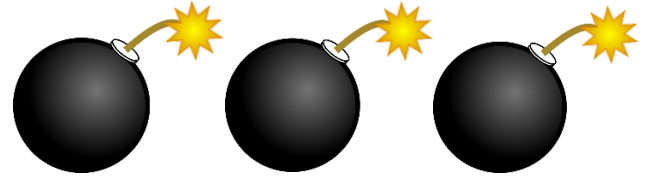


GROUP BLAST


Thursdays 9 a.m.



Kim



GROUP BLAST is an innovative workout that improves cardiovascular fitness, builds total-body strength, and enhances functional movement.

Inspiring music and supportive coaching will ensure you succeed with exercise that includes dumbbells, body weight and aerobic intervals. 

build lean
muscle

torch calories

increase
endurance



SWIM FIT

Mondays and Wednesdays

with Esther



NEW TIME

6:00-7:00 pm

Fruitland Park Pool

201 W. Berckman St

Member Only - Must Present Key Card

