



2017

SUMMER FITNESS SERIES



ALL CLASSES START @ 5:30 PM

JULY

11

Centre Yoga
*Yoga for
all levels*

*Attendees should bring their
own yoga/pilates mat*

18

**Get in Shape
for Women**
(and men)

TBD

25

MK Boxing
Intro to boxing

AUGUST

1

Centre Yoga
*Yoga for
all levels*

*Attendees should bring their
own yoga/pilates mat*

15

**Get in Shape
for Women**
(and men)

TBD

29

Turnstyle
Bootcamp

8

Pumps
TBD

22

Kadanse
Salsa