

# ACTIVE WELLNESS CLUB

## Winter Session Continues to March 17<sup>th</sup>

***BONUS CLASSES – MARCH 20 – 24<sup>th</sup>***  
***Sweat with Celine continues to March 28<sup>th</sup>***



**Monday – 4:30 Solid Gold Dancefit**  
**Monday – 5:30 Step, Strengthen & Stretch**

**Tuesday – 4:15 Yoga & Pilates**  
**Tuesday - 5:30 Sweat with Celine**

**Wednesday – 8:15 Gentle Yoga**  
**Wednesday – 5:30 Interval Training**

**Thursday – 6:00 Ultimate Mix**

**Friday – 8:30 Gentle Yoga**

### NOTE:

## **SWEAT WITH CELINE**

March 14 – No Class  
March 21 – 5:00 pm Class  
March 28 – 5:00 pm Class

### Bonus Classes March 20 – 24<sup>th</sup>:

Monday @ 4:00 – Dancefit  
Tues @ 4:00 – Yoga  
Wed @ 8:15 – Yoga  
Wed @ 5:30 – Int. Training  
Friday @ 8:30 – Yoga

## ***DROP IN'S WELCOME!***

\$10 Drop In Fee