

Block Party Open House

Saturday, September 16
8 a.m.-12 p.m.



Outdoor Group Exercise Classes

on the lawn next to the Marcella Niehoff School of Nursing

8:00am- Zumba Fitness with Maria

8:30am- Low Impact Cardio with Charmaine

9:00am- Tabata with Daryus

9:30am- Cardio Blast with Morgan

10:00am- CardioKick with Morgan

10:30am- Pilates Mat with Delia

11:00am- Qigong with Tom

11:30am- Yoga with Tom

12:00pm- Tai Chi with Tom

Signs will guide you along the path to the lawn.

We look forward to moving with you!

Aqua & Cycling classes are still taking place inside the Center.



CENTER
FOR FITNESS