

SEPTEMBER
2016



GROUP FITNESS

We invite you to join us at any of our group exercise classes. Led by certified instructors, each class can be customized to any fitness level. Free for members. \$5 per class for drop in.

Monday

9 AM
Total Body
Circuit
6:30 PM
Zumba

Tuesday

6 PM
Boot Camp

Wednesday

9 AM
Tabata

Thursday

6:30 PM
Zumba

Friday

6:30 PM
Cardio Box

Hours

Mon.-Fri. 5 AM-9 PM,

Sat. 8 AM-4 PM

Wee Place

Mon.-Fri. 9 AM-12 PM, 5 PM-8 PM,

Sat. 10 AM-12 PM

Is there a class that you would like to see offered? We want to hear from you!

Contact 817-297-2201 ext. 7090 or email cwinner@ci.crowley.tx.us .