

MAY WELLNESS CLASSES

Monday

Barre with Janise 11:00 AM (Facebook Live)

Tuesday

OC Fit with Janise 11:15 AM

Strength & Stability with Ryan 6:00 PM

Wednesday

Tabata with Janise at 11:00 AM (Facebook Live)

Yoga with Lisa at 5:15 PM

Thursday

Tai Chi with Ame 9:15 AM

Yoga with Janise at 10:15 AM

OC Fit with Janise at 11:15 AM

