

JULY WELLNESS CLASSES

Monday

Barre with Janise 11:00 AM (Facebook Live)

Yoga with Lisa at 5:15 PM

Wednesday

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

Strength & Stability with Ryan 6:00 PM

Thursday

Tai Chi with Ame 9:15 AM

Yoga with Janise at 10:00 AM

Aqua Fit will meet Monday - Friday at 11:15 AM

Inclement Weather - We will offer OC Fit in the

Wellness Center at 11:15

