



February Brings Classes

NEW

Body Sculpt PLUS w/Constance

Tues. & Thurs. 6 pm

This HIGH ENERGY class helps you sculpt and tone while having a blast!

Wild Cardio Craze

Mondays 9 am; Weds. Noon Fri. 8:30 am

Burn off calories AND stress with this new class!

Meet NEW Spin instructor ROBBIE

Mon & Weds. 6 a.m.

Early morning spinning with a FANTASTIC leader!

Folk & Contra Dance

Weds & Fri. 9 a.m.

Relax and unwind with international dance, folk dance and contra dance!

Core Fitness Blast

Sat. 9:30 am

Tone and strengthen with a GREAT instructor.

Golden Hoopla

Sundays 2:30 pm

Enjoy this fun workout catered especially to our more mature audience. Provides great cardio and movement work at just the right pace!

*AND coming mid-February... **ABS EXTREME**...for those really ready to work out ... designed exclusively by ABS trainers for GATEWAY members!*