



at the
GATEWAY!



- . **Bellydancing**
- . **Jump Rope
Aerobics**
- . **Ball & Sculpt**
- . **YogaLates**
- . **Tread & Shed**

FREE to Members

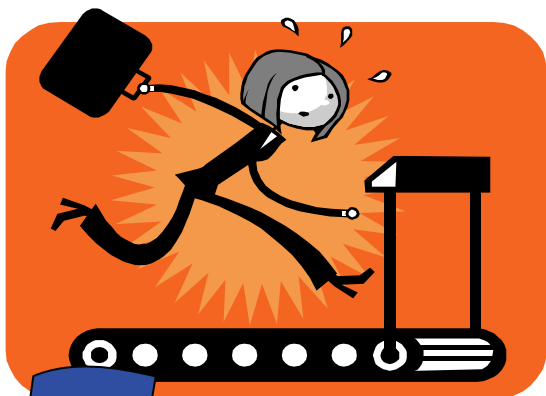
\$10/class non-members



TURN & BURN

Mondays 6:30 pm

Saturdays 9:00 am



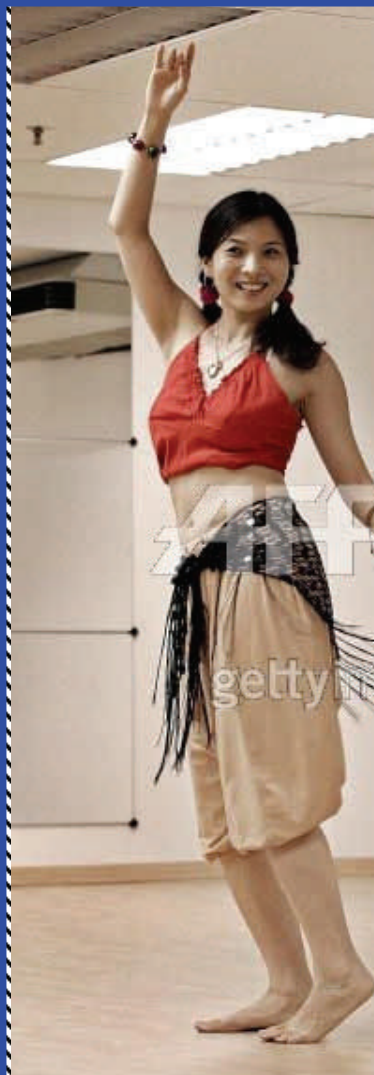
Introducing...

Tread & Shed

BEGINS TUESDAY, DEC. 2
6 a.m.

Join Emily Davis, owner of FLEET FEET SPORTS, Tuesday and Friday mornings for the **best treadmill workout in town!**

- 30-minute challenging cardio workout designed to accommodate all fitness levels — walkers AND runners.
- Experience the different combinations of inclines and speeds during this class for an invigorating, effective and entertaining workout.



Belly Dancing

Fridays

5-6 p.m.

Free to members

Non-Members \$10/class