

# Fitness Center

## Belly Dancing

Wednesday 6:45-7:45 p.m.

## CrossFit\*

Monday & Thursday

5 – 6 p.m.

Tuesday

6 – 7 a.m.

## Pilates

Tuesday & Thursday

5:30 - 6:30 p.m.

## Yoga

Monday, 6 - 7 p.m.

Monday & Wednesday

12 - 1 p.m.

Tuesday 8:30 - 9:30 a.m.

Thursday 6 - 7 a.m.

## Spinning\*

Monday, Wednesday

& Friday

6-7 a.m.

Monday

7:30 – 8:30 p.m.

Sunday

3:30 – 4:30 p.m.

## Soo Bahk Do\*\*

Tuesday & Thursday

6:30 - 8 p.m.

Wednesday, 5:30 - 6:30 p.m.

(beginners)

Saturday

10:30 a.m. - 12 p.m.

Sunday 1:30 - 3 p.m.

\*\*Call 242-2694 for details and pricing information.

NEW

The current schedule can also be found at:  
[www.vanceservices.us](http://www.vanceservices.us)

\*Designates Fitness Improvement Classes (FIP)

