

Member Appreciation at St. James

Join us for complimentary group exercise classes on
October 16th!

Member's Athletic Club

8:00-8:25 Resistance Bands and Core- Kim

8:00-8:25 Water Aerobics- Cathe

8:30-8:55 Water Aerobics- Cathe

9:00- 9:25 Pilates - Cathe

9:30- 9:55 Yogalates - Cathe

10:00- 10:25 Gentle Yoga- Cathe

10:30- 10:55 Chair Yoga- Cathe

11:00- 11:25 Pump It- Heather

11:30- 12:00 Strength and Balance- Heather

Signature Wellness Center

7:50-8:25 Power Pump- Dan

8:30-8:55 Cycle- Vicki

8:30-8:55 Pump It- Dan

9:00- 9:25 Cycle - Kim

9:00- 9:25 Step - Dan

9:30- 9:55 Barre - Vicki

10:00- 10:25 Zumba- Liz

10:30- 10:55 Cardio Kick- Liz

11:00- 11:25 On The Ball- Liz

11:30- 12:00 FLOW- Liz

The above classes are first come first serve and will not be available to reserve on goingfitcommunities.com.