

WHAT'S ON DECK

STARTING JANUARY 25

TUESDAYS

**STRENGTH & BALANCE
WITH TRICIA
5-5:45 PM, 6-6:45 PM**

THURSDAYS

**STRENGTH & BALANCE
WITH TRICIA
5-5:45 PM, 6-6:45 PM**

FRIDAYS

**AQUA FIT
WITH ALYSSA
9:15-10:00 AM**

