

Summer Fitness Schedule



FELLOWSHIP SQUARE
SURPRISE

This weekly schedule is *in addition to* the exercise programs our certified fitness specialists can design for you.

New activities and classes are being added all the time!

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SIT & BE STRONG
PING PONG
FOREVER FIT
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BALANCE BOOSTERS
WII BOWLING
- 

SIT & BE STRONG
FOREVER FIT
- 

PING PONG
BALANCE BOOSTERS
WII BOWLING
- 

AQUA FIT
SIT & BE STRONG
WII BOWLING