CLASS SCHEDULE



TUESDAY

Zumba with Sofya @ 9:30am

Aquatic Aerobics with Sofya @ 10:30am

THURSDAY

Cardio & Sculpt with Sofya @ 9:30am

Aqua Sculpt & Tone with Sofya @ 10:30am

SATURDAY

Zumba with Sofya @ 9am

Yoga with Kathy @ 10am

Call 802-228-1419 to book in advance or to check availability.

