



# OPEN HOUSE FITNESS CLASSES

SPECIAL CLASS ADDITIONS FOR OUR OPEN HOUSE  
ON SATURDAY, MAY 2ND

9:30 am | Beginner Reformer with Cathy (4 max)

10:30 am | Intermediate Reformer with Cathy (4 max)

10:00 am | Agua Fitness Power Hour with Lindsey

10:30 am | Multi-Level Yoga with Swaran

11:30-1:00 pm | Demo Pilates Reformer with Cathy

11:45 am | Stretch & Stability with Stephanie

12:00-1:00 pm | 10-minute Complimentary  
Massage with Natasha

12:00 pm | Golf Fitness class with Jay

1:00 pm | Beginner Pickleball with Pat

1:00 | Cycling with Irena

**SIGN- UP REQUIRED | 505-795-7220**