Zoom fitness

October 2020

Flat rate $120.00 Unlimited

Drop In $10

**Monday** 10:15 am 40 forms tai chi $24

**Monday & Wednesday**

9 Am Yoga $48

11:30 am Chair fitness $48

**Tuesday & Thursday**

9 am Pilates $54

10:15 am all forms tai chi $54

11:30 am SBF $54

 **Friday**

8:45 am Outdoor Tai chi 40 forms $30

As cooler weather approaches class time will be adjusted.

9:30 am Coffee social

11:30 am Yoga $30