

A punch card or pass is required for these classes- 2008-09 cards will be honored for these two weeks ONLY.

Monday, 9/7: Labor Day holiday-Dillon Gym CLOSED

Tuesday, 9/8:

Body Bar Blast with Regina, 12pm

Wednesday, 9/9:

Wake-Up Circuit with Coe, 7:30am

Body Step with Teuta, 12pm

Thursday, 9/10:

Kickboxing/Sculpt with Cathy, 12pm

Body Attack with Regina, 5:00pm

Friday, 9/11:

Wake-Up Circuit with Coe, 7:30am

Zumba with Kara, 12pm

Monday, 9/14:

Wake-Up Circuit with Coe, 7:30am

Tuesday, 9/15:

Body Bar Blast with Regina, 12pm

Wednesday, 9/16:

Body Step with Teuta, 12pm

Thursday, 9/17:

Body Attack with Regina, 5:00pm

Friday, 9/18:

Zumba with Kara, 12pm