Onelife FITNESS

AUTUMN SEASON PARTY

WITH GROUP FITNESS!

Sweat this Autumn season with your favorite Group Fitness instructors!
Enjoy a weekend of classes, hot cider, raffles and more.

FRIDAY, NOVEMBER 3RD
8:00AM - Zumba (Cheryl)
9:00AM - BodyPump (Eloise)
10:30AM - Zumba (Michael)

SATURDAY, NOVEMBER 4TH
8:00AM - Zumba (Cheryl)
9:00AM - BodyPump (Eloise)
10:30AM - Zumba (Michael)

SUNDAY, NOVEMBER 5TH
8:00AM - Zumba (Cheryl)
9:00AM - BodyPump (Eloise)
10:30AM - Zumba (Michael)

ZUMBA-WEEN GROUP FITNESS PARTY!
OCTOBER 31ST // 6PM - 8PM
Refreshments • Raffles • Costume Contest

For more information please contact Group Exercise Director, Linda Haupt at lhaupt@sportandhealth.com