

WEDNESDAY, SEPTEMBER 4TH
6:30PM - 7:30PM

SUNDAY, SEPTEMBER 29TH
11:30AM - 12:30PM

**POP-UP
CLASSES!**



DANCE STEP & SCULPT

WITH WAVERLY KENNY

Dance, sweat, and strengthen your body! Enjoy a total body workout that combines the fundamentals of step aerobics and dance conditioning. You will be using your bodyweight, light weights, and resistance bands while rocking to motivating music.

This is a fun hybrid of cardio and resistance training will have you feeling strong and lean. The workout is set to rocking hits, and today's party classics.

Class is free for members. No sign up required!

Located in Studio 1