

AVAILABLE NOW!

COMPLIMENTARY GROUP TRAINING FOR RIVER PLACE RESIDENTS!



OUTDOOR CLASS SCHEDULE STARTING WEEK OF 11/2/20

FULL BODY HIIT

(High Intensity Interval Training)

TUESDAY @ 5:00 p.m.

THURSDAY @ 5:00 p.m.

SATURDAY @ 1:15 p.m.

SENIOR MOBILITY

THURSDAY @ 12:00 p.m.

TEAM

WORKOUTS

Full-body workouts designed to build strength and endurance, using the energy of the group and the expertise of the certified personal trainer to maximize your result.



***Please Bring a Workout Mat**



Let's make HEALTHY HAPPY

River Place Lawn/ Grill Area