

Ladies NIGHT OUT

EVERY FRIDAY NIGHT BE FLIRTY, FIT AND FABULOUS WHILE HAVING FUN!

BURLESQUE WORKOUT!

Spice up your Friday Night and exercise your inner diva with a flirty and fun workout for the sexy at heart! Feel confident while exploring exotic dance and fitness elements for an exhilarating total body workout.

YOGA STUDIO 5:45-6:40 PM
FREE as part of Friday Club Night
Women ONLY. Please come dressed in fitness attire and athletic shoes. All levels welcome.

