

JRP Fitness and Dance Classes!

Monday's, August 8, 15, 22, 29

- 8:15 am, Total Body Workout (\$3)
- 9:30 am, Yoga w/ Tom (\$4)
- 1:00 pm, Fit Club with Kelly (\$2)
- 3:00 pm, Line Dance Lessons (\$2)
- 4:15 pm, Beginner Low Impact Aerobics & Toning (\$1)
- 5:15 pm, Full Body Conditioning (\$4)

Wednesday's, August 3, 10, 17, 24, 31

- 8:15 am, Total Body Workout (\$3)
- 9:30 am, Yoga w/ Kat(\$4)
- 10:30 am, Pilates w/ Kat (\$4)
- 3:00 pm, Beginning Line Dance Lessons (\$2)
- 4:15 pm, Beginner Low Impact Aerobics & Toning (\$1)

Friday's, August 5, 12, 19, 26

- 8:15 am, Total Body Workout (\$3)
- 9:30 am, Yoga w/ Kat(\$4)
- 10:00 am, Chair Tai Chi w/ Terry (\$3)

Tuesday's, August 2, 9, 16, 23, 30

- 9:00 am, Tai Chi w/ Terry (\$3)
- 1:00 pm, Basic Yoga w/ Kat (\$4)
(no floor work, no mat needed)
- 5:15 pm, Step & Body Conditioning (\$4)

Thursday's, August 4, 11, 18, 25

- 1:00 pm, Basic Yoga w/ Kat (\$4)
(no floor work, no mat needed)
- 2:00 pm, Tai Chi w/ Terry (\$3)
- 4:15 pm, Core Strengthening (\$1)

CHAIR MASSAGE NOW AVAILABLE!

5-20 minute sessions

\$1 per minute

Monday's, 10:30-11:30 am

Tuesday's, 9:30-11:30 am

Please call Tom to make your reservation,
(816) 344-1058