

# Legion Memorial Park

# WEEKLY *fitness class* SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM		ZUMBA			
10:00 AM			MAT PILATES		
10:30 AM		CARDIO BOXING			
11:00 AM			STRENGTH		RHYTHM & SCULPT
11:30 AM		STRETCH			
04:00 PM					
05:00 PM					
06:00 PM	LIFT & BURN	MAT PILATES	LIFT & BURN		MAT PILATES
07:00 PM	ZUMBA		CARIBBEANX TWERKOUT		ZUMBA
08:00 PM	STRETCH		STRETCH		

**ALL CLASSES**  
**ARE FREE!!!**



**JOIN OUR COMMUNITY  
TO STAY  
UP-TO-DATE ON CLASSES,  
ACTIVITIES AND MORE**

