



Dragon Wellness Fitness Classes

Group EX Studio Begins Aug. 24th

(Remember to pick up your class pass at the front desk. Must show Dragon ID or Membership card)

(Classes limited to 22 people. Classes need min of 3 people to continue. More classes will be added based on attendance. You must sign up at front desk, or call 477-4300 to reserve your spot.)

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	6:15-7am	Hooping	Shar
	7:30-8:15am	Total Body Tone	Roxanne
	11:30-12pm	Pilates Mat Express	Shelly
	4:30-5:30pm	Belly Dancing	Zuleykha
	6:30-7:15pm	African Dance	Nadia
	7:30-8:15pm	Zumba	Marissa

DAY	TIME	CLASS	INSTRUCTOR
TUESDAY	6:15-7am	Kickboxing	Kristen
	11:15-12pm	Power Body Step	Shelly
	4:30-5:15pm	80's Diva	Marissa
	5:30-6:30pm	African Dance	Nadia
	7-8pm	Step Interval	Monica



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DAY	TIME	CLASS	INSTRUCTOR
WEDNESDAY	6:15-7am	Kettlebell Burn	Marissa
	7:30-8:15am	Mat Pilates	Roxanne
	12:15-12:45	Butts & Gutts	Marissa
	4:45-5:30pm	Hooping	Rita
	5:45-6:30pm	Boxing Boot Camp	Bonnie
	7-8pm	Power Yoga	Charmaine
	8:15-8:45pm	6 Pack Abs	Steven

DAY	TIME	CLASS	INSTRUCTOR
THURSDAY	11:15-12pm	Power Body	Shelly
	4:30-5:30pm	Belly Dancing	Zuleykha
	5:45-6:30pm	Power Yoga	Bonnie
	7-8pm	Power Blast	John
DAY	TIME	CLASS	INSTRUCTOR
FRIDAY	1-1:45pm	Mind & Body Fusion	Carolyn
	3-4pm	African Dance	Nadia



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