

**ALL AEROBICS
CLASSES START AT**

\$15

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**PERSONAL SUPPORT IS A VITAL COMPONENT
OF A FITNESS-BASED LIFESTYLE CHANGE.**



**AEROBICS
CENTER**



ACHIEVING YOUR FITNESS GOALS JUST BECAME FUN

EXERCISE IS HARD ENOUGH.

GET THE MOST OUT OF YOUR WORKOUTS
BY TEAMING WITH A GROUP CLASS.

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STEP AEROBICS

TUE & THUR | 8:00 - 7:00

RETRO-ROBICS

MON & FRI | 5:00 - 6:00

CARDIOKICK

TUE & THUR | 4:30 - 5:30

ZUMBA

MON & WED | 7:00 - 8:00

CIRCUIT TRAINING

TUE & THUR | 6:00 - 7:00

SPINNING

SAT & SUN | 4:00 - 5:00



**AEROBICS
CENTER**

5432 Any Street West Townsville, ST 54321
555-543-5432 | www.yourwebsitehere.com

ALL LEVELS | ALL AGES

5432 Any Street West
Townsville, ST 54321

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STEP AEROBICS
TUE & THU | 6 - 7

ZUMBA
MON & WED | 7 - 8

RETRO-ROBICS
MON & FRI | 5 - 6

SPINNING
SAT & SUN | 4 - 5

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ALL AGES



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