Friday, November 27

125 LIVE is OPEN 8am-3pm

Classes Offered:

8:15am: Shake Your Tail Feather (Cardio Dance) Instructor: Jan
Willow Room

9:15am: Stuffed with Strength (Strength) Instructor: Kerry
Willow Room

10am: Row, Ride & Gobble (Rowing/Cycle) Instructor: Kevin
Cedar Room