



Four O'Clock Flow

This is where strength meets stretch. You'll move with purpose, challenge your body, and leave feeling strong and accomplished.

Join Kylie for this group fitness class in Liberty Hall!



East Liberty Wellness Center

Every Wednesday

4:00 PM – 4:30 PM



SUNRISE BOOTCAMP

Turn your Tuesday mornings into momentum with David in this bootcamp style class, designed to increase strength and improve cardio.

STARTS 10.7.25



TUESDAYS @ 5:00 AM



LIBERTY HALL – ELP

MORE INFORMATION:

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