

GROUP FITNESS

-EAST LIBERTY WELLNESS CENTER-

📍 CLASSES WILL BE IN LIBERTY HALL 📍



SUN	MON	TUE	WED	THU	FRI	SAT
		5AM CLASS WITH DAVID	4PM CLASS WITH KYLIE			
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SUNRISE BOOTCAMP

Tuesdays at 5 AM with David

Start your morning strong with a mix of strength, cardio, and energizing movement.

STRENGTH & STRETCH

Wednesdays at 4 PM with Kylie

Full-body dumbbell workout followed by 10 minutes of intentional stretching.