

AAP Wellness Center

Group Fitness

hondawellness.com

Monday	Tuesday	Wednesday	Thursday	Friday
				10:00 am Stretch Break
	3:00 PM WOD			

WOD: Join Mariah each week for a quick, full-body workout that gets the heart pumping. (AIDT L101)

Stretch Break: Join us on Fridays at lunchtime for a total-body reset. (Line 1 Fitness Room)

All Classes Included In Wellness Center Membership
