

EXERCISE CLASSES

Be Fit
Be Healthier
Be The Best
Version Of You

**Classes are in the
Performance Center**

If you want to sign up
or if you have any
questions.

Please call Elaine at
561-310-6305



Chair Fitness

**Monday, Wednesday
& Friday**
9:00 am to 10:00 am

Pilates

Tuesday & Thursday
9:00 am to 10:00am

Please consult with your doctor before starting any exercise class