



# Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am - 11am SilverSneakers	10am - 11am SilverSneakers	10am - 11am SilverSneakers	10am - 11am SilverSneakers	10am - 11am SilverSneakers		
6pm - 7pm Youth Boxing (850)529-1375	6pm - 7pm Youth Boxing (850)529-1375	6pm - 7pm Youth Boxing (850)529-1375				

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## One on One Training

Meet with a coach or trainer and let us work on  
your goals together!

Text or leave Voicemail  
at (850)341-6066

