

Program Includes:

Monthly fee \$84.00

- ◆ Unlimited classes and use of equipment!!
- ◆ AM and PM classes

Monday-Thursday

9:00am– Body Sculpting

10:00am– Cardio Class

12:15pm– Ab and Butt

Monday/Wednesday

4:30pm– Kick Box

5:00pm– Body Sculpting

6:00pm– Body Sculpting

6:00pm– Spin Class-Basic

7:00pm– Spin Class– Advanced

Tuesday/Thursday

4:30pm– Teen Aerobics

5:00pm– Turbo Aerobics

5:00pm– Spin Class

5:30pm– Body Sculpting

6:30pm– Body Sculpting

Saturday

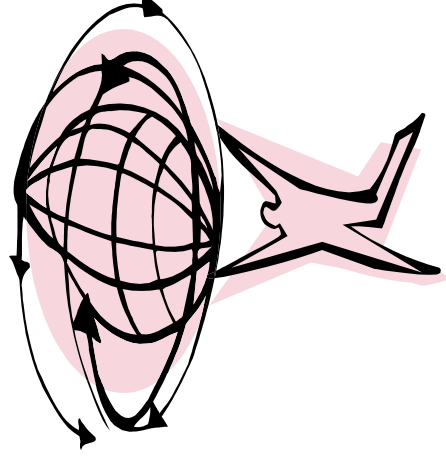
9:00am– Body Sculpting

10:00am– Spin Class

11:00am– Teen Aerobics

The Cardio Factory

Group Aerobic Classes



The Cardio Factory

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Across from DeHaven's on Cable Court

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