

Daniel's Fitness Center Class Schedule

Spin Class

Monday & Wednesday

12:00 – 1:00

Thursday

5:30 – 6:30

Boot Camp Class

Tuesday

5:30 – 6:30

Aikido

Tuesday & Thursday

6:30 – 7:30

Zumba

Monday & Wednesday

4:30pm- 5:30pm

For personal training or a fitness assessment call

639-6234!