



RICHARD E. WORKMAN
Sports & Wellness
Complex

NEW fitness classes

workman sports complex
1301 North Maple Street

****classes start in october****

total body conditioning • young at heart

with Emily

with Juliana

TUESDAYS & THURSDAYS 5:15-6:00aM

TUESDAYS & FRIDAYS 10:30-11:15aM

T.B.C. (Total Body Conditioning) includes muscle strength and endurance training to help tone and shape your body using a variety of equipment including steps, weights, bands, balls and more!

Senior specific format! Each workout series consists of five 4-5 minute dance routines. It's designed especially for people who need a kinder, gentler workout and it's something we know you'll absolutely love.

members FREE | non-members \$10

More group fitness updates....

- Help us make our group fitness classes even better by filling out our survey either online or in person at the front desk.
- Brand new schedule coming in November! Classes will be FREE the entire month of November for non-members.