

No Classes on
Memorial Day,
May 25th.

May Aerobics Schedule



Mon

1130 - 1230

Kickbox Bootcamp

Annie

Tue

1130 - 1230

Supersets

Sarah

1630 - 1730

Kickbox Bootcamp

Annie

No Bootcamp on 5/26

1745 - 1845

Pilates

Brandi

Wed

1130 - 1230

Kickbox Bootcamp

Annie

No Bootcamp on 5/27

Thur



1130 - 1230

Supersets

Sarah



Kickbox

Bootcamp: A total body workout that blends 30 minutes of powerful kickboxing with 30 minutes of heart-pumping weightlifting, delivering a dynamic and practical fitness experience.

Supersets: A class for all ages and fitness levels that incorporates weights and short bursts of cardio, alternating between upper body and lower body, creating "supersets".

Pilates: A low-impact mat class focused on core strength, posture, and controlled movement. Small moves, big burn, strong results.

ALL AEROBIC AND GROUP CLASSES TAKE PRECEDENCE IN THE AEROBICS ROOM

No classes are held on Holidays, Family Days and Weekends. Cancellations will be posted on Freedom Hall social media and at Front Desk. For more information, please call 307-773-6199.

