

AUGUST 2024

4th Floor Education Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am			Pilates		Pilates	
7:00am						
4:30pm		Yoga		Yoga		
5:30pm		Yoga		Yoga		

"KATE IS AMAZING!! MY BACK FELT 1000% BETTER AFTER I LEFT."
 -ANNE DANE

TO BOOK WITH KATE, CALL
 (228) 769-3430 EXT. 1.

Singing River
 Movement Medicine

Location

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday

To sign up for group-fitness classes, call (228) 471-1595.

Location

Time	Monday	Tuesday	Wednesday	Thursday	Friday

AT RISK OF BEING CUT

NEW CLASS!

Text @srgfit to 81010 to be notified about class changes.