



Pump up the volume with the original barbell class that strengthens your entire body. This class challenges all major muscle groups by using the best weight-room exercises—squats, presses, lifts and curls. BODYPUMP™ Features great music and motivating instructors. Choose your preferred amount of weight and let this class inspire you to get the results you want.

Roscoe-Rockton

Tuesday 8:00-8:55a.m.
Wednesday 6:00-7:00p.m.
Thursday 5:30-6:30a.m.
Saturday 7:00-8:00a.m.

Beloit

Monday 10:05-11:05a.m.
Monday 5:45-6:45p.m.
Wednesday 5:30-6:30p.m.
Thursday 9:30-10:30a.m.

SIGN UP TODAY—CLASSES BEGIN JANUARY 2ND!

