

Fitness @ Kiwanis Lodge

Morning Fitness (Seniors)

Wednesday & Friday Mornings - 9:30 – 10:30 am
Light weights, chair exercises, light cardio

No registration required
\$3.00 per class

Zumba

Saturday mornings - 10:00 – 10:45 am

No registration required
\$5.00 per class

Strong By Zumba 1st and 3rd Mondays of the Month

R.I.P.P.E.D. 2nd & 4th Mondays of the Month

These two classes alternate during the month
6:30 – 7:30 PM

Strong By Zumba - Wear light comfortable clothing, tennis shoes
Bring yoga/exercise mat, water, hand towel (workout gloves optional)

R.I.P.P.E.D. - Wear light comfortable clothing, tennis shoes
Bring hand weights, yoga/exercise mat, hand towel, water (workout gloves optional)

No registration required
\$5.00 per class