

TRX Body Blast Class

Set to music...in a circuit...
to seriously train your muscles...your body!

Tuesdays and Thursdays 7:10pm – 8:10pm

~now included in your membership~

BUT you MUST reserve your spot in advance either online or at front desk



www.springssalsa.com

Springs Salsa and Dance Fitness

1220 Valley Street

591-1419