



*New 75 Minute Class taught by Debra*

*SHAPELYGIRL FITNESS*

*Kepilates Plus*

*Mondays 6:00 PM- 7:30 PM (low impact)*

*Saturdays 9:30 AM-11 AM (step)*

*25 minutes of Kettlebells*

*25 minutes of Cardio (Low-impact or Step)*

*25 minutes of Pilates*

*All Shapes, Sizes and Fitness Levels Welcome!!*

*Have fun and get fit!*

