Health & Fitness Center

MERCYONE.

TUESDAY 5:30pm POP UP CLASS

> April 2 Barre and Barbells, Monica <u>Class will take place in the Mind & Body Studio</u>

April 9 Barbell Strength, Monica

April 16 HIIT Hustle, Shauna

April 23

Yoga Sculpt, Tricia Class will take place in the Mind & Body Studio

April 30 Pure Power, Katy

Classes take place in the Aerobics Studio unless noted otherwise.

MercyOne Health & Fitness Center 12493 University Avenue Clive, IA 50325

515-226-9622 mercyhealthfitness.com