



GROUP FITNESS CLASSES

CLASS SCHEDULE



	MON	TUE	WED	THU	FRI
9:00 AM	Strength & Stability @ West Eugene Studio & Online				Fun-n-Fit @ Daneland & Online
10:00 AM			HeartSmart @ West Eugene Studio & Online		
12 NOON	HeartSmart @ Campbell Center	Neuromuscular Exercise @ Campbell Center	Essential Stretch @ Campbell Center	Neuromuscular Exercise @ Campbell Center	Essential Stretch @ Campbell Center
1:30 PM		Neuromuscular Exercise @ Hilyard Center		Neuromuscular Exercise @ Hilyard Center	

2500 W. 18TH AVENUE,
EUGENE, OREGON
-> [MAP LINK](#) <-