



# 9:00AM FITNESS CLASSES

## SCHEDULE

**MONDAY - CARDIO**

**TUESDAY - WEIGHTS (BRING YOUR WEIGHTS)**

**WEDNESDAY - INDOOR WALKING WORKOUT**

**THURSDAY - DANCE/MOVEMENT**

**FRIDAY - YOGA/PILATES (BRING YOUR YOGA MAT)**

KING'S COUNTRY CLUBHOUSE  
410 KINGS COUNTRY BLVD  
SCROGGINS TX 75480

QUESTIONS? ASK RONDA WINN  
817-701-9357 (CALL OR TEXT)

