

Cardio Strength Class

Join certified group fitness instructor **Laura Hudson** for two exciting spring fitness classes taking place at **Galaxy Gymnastics**.



Our Cardio Strength class will provide upbeat exercises set to music with cardio and strength training.

Tuesdays, 10:00am-11:00am April 13-May 25

Our A.M. Stretch class will improve your flexibility with yoga and athletic stretches set to soothing music and occur following the Cardio Strength class.

Tuesdays, 11:15am-12:15pm April 13-May 25



A.M. Stretch