

Upcoming Events

Health Class: Tuesday April 28th 6pm

This evening you will learn about how your body responds to physical, chemical and mechanical stress. Various professionals will present at this free class. There is a free gift for all those who attend. Please call the office to RSVP.

Yoga: Every Wednesday at 5:50pm

Sherri teaches this class geared toward to all ages and abilities. This is meant to get you moving and stretching to improve your spine. Each class is \$10. Sign up at the front desk and come ready to move!

Gymball: Ask us when the next class is!

Our Gymball class teaches a fun and unique way to exercise. You will learn to use your ball for stretching, core strengthening and even aerobics. Gymballs are available in our office to use for this class, or to purchase. This class is free of charge, just call to sign up!

Most of our classes are free and all are open to the public. Give us a call if you have any questions or to sign up!!