

FAMILY FUN

Family Zumba



Bring the kids for a fun, different and effective aerobic workout infusing body energizing Latin rhythms and easy to follow moves.

4:35pm –5:05pm Tuesdays

FAMILY BALANCE

A family engaging class combining strength, balance and core exercises using a variety of equipment.

4:35pm-5:05pm

These classes are free to all members of
Center Court Fitness Club and the YMCA Family Center

Center Court Fitness Club
701-746-2790

