



BREAST CANCER AWARENESS MONTH

**All Group Fitness
Classes are FREE
with Membership**

WELLNESS CENTER HOURS

359 Pennington Ave, Trenton, NJ
MON-FRI - 12:30PM-2PM
MON-THURS - 5PM-8PM
SATURDAY - 9AM-12PM

5 Reasons to Stay Fit!

- ✓ **HEALTH**
- ✓ **FITNESS**
- ✓ **FLEXIBILITY**
- ✓ **WELLBEING**
- ✓ **CONFIDENCE**

**Drop-in's are
Welcome!**

CLASS SCHEDULE

MON - 6PM
Yoga with Onesha
Wellness Center

TUE - 10am
SilverSneakers with Renee

TUE - 6PM
Strength Levels 1/2/3 with Janice
Wellness Center

WED - 6:00PM
Get Fit with Traci
Wellness Center

THUR - 5:45PM
Abs, Butt & Gut with Arabia
Wellness Center

SAT- 9:15AM
Beginner Step with Rashaan

SAT - 10:00AM
Xtreme Hip Hop with Rashaan
431 Pennington