

DISCO STEP

A Pop Up Class



**Sunday
March 10**

**3:00 - 3:50 PM
Lower Studio**

**Join Instructors Mary L,
Jess and MaryAnn**

**Easy to follow step
choreography
combined with your
favorite disco hits for
a one-time heart
pumping experience!**

As with most group fitness classes, this is a drop-in experience that is part of your membership requiring no additional fees or sign-up.