

# ***STEP & FIT*** ***A Pop Up Class***



**Sunday**  
**February 10**  
**9:00 – 9:50 A.M.**  
**Lower Studio**

***Easy to follow step choreography combined with functional fitness exercises for an effective cardio-strength training class***

***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.***

Be Fit. Be Family. Be Well.

