



910-259-0422
903 S Walker Street



Find us on the Web:
fitnessfusiononline.com
Facebook.
fitnessfusionnc

GROUP FITNESS CLASSES

6 am – 8 pm	6 am – 8 pm	6 am – 8pm	6 am- 8 pm	6am – 8 pm	8am – 12noon
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Body Pump	6:30am RPM	8:00am RPM	6:30am RPM	8:00am Body Pump	
9:30 am Fit Over Fifty	9:45 Yoga	10:45am Pilates	10:30am Geri-fit at HP	Zoom Pilates	Close at noon
10:30 Tai Chi at HP Pavilion (8 wks) 5:30pm Body Pump			5:30pm RPM		Sunday CLOSED

Header

Class description

Class descriptions