



910-259-0422
903 S Walker Street, Burgaw



Welcome Back



MASK REQUIRED

For entry but not during exercise

GROUP FITNESS CLASSES At Heritage Place Pavilion

ALL CLASSES BY RESERVATION ONLY! - Call the gym to reserve your spot!

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
7:30 Body Pump	6:30 RPM	7:30 Body Pump	6:30 RPM	7:30 Body Pump	Equipment only
9:00 Fit Over Fifty	9:00 Geri-fit	10:45 Pilates	9:00 Geri-fit	Zoom Pilates	Close at noon
5:30 Body Pump	5:30 RPM	5:30 Body Pump	5:30 RPM		Sunday CLOSED

Re-opening Tuesday Sept 8th