

SOCIAL WELLNESS MONTH

Stay active with the whole family this summer on the go!



Level 3
Abs City Shred

5 ★

30m

BOOTCAMP

Instructor
Monte Sanders



Level 3
Ca-L'a Fitness TM (Cardio Dance)

5 ★

5m

DANCE CARDIO

Instructor
Shay Hill



Level 1
Total Body Beginner Kickboxing

4.5 ★

44m

BOXING CARDIO

Instructor
JoanieFit LLC

PLUS DISCOVER 50+ HEALTH & WELLNESS CATEGORIES



Yoga



Fit Over 50



Bootcamp



Adaptive Workouts



Dance



Mindfulness



Youth



Seniors

Scan the code for social class recommendations on Burnalong!

