

Group Exercise Classes!

This just in!

X-Training with Tina!

Tuesday & Thursday: 8:00 am

Full body workout focused on creating more strength, stability, and resistance. 60 minutes of training divided into four parts: warm up, structure, main workout and stretch at the end. All levels welcome!

Register on the App today!



Join Us!

NEW!

Monday:	8:00am	Yoga Flow with Judy
Tuesday:	7:00am	Booty Burn with Beth
	8:00am	X-Training with Tina
Wednesday	6:00pm	Restorative Yoga with Judy
Thursday	7:00am	Booty Burn with Beth
	8:00am	X-Training with Tina
Friday	8:00am	Yoga Flow with Judy
Saturday	7:30am	Boot Camp with Nash



All classes are free, but all participants must register on the Spearman App 24 hours in advance!

Space will be limited, register today!