Bay Oaks Recreation Center

BODY SCULPT

Fitness

A great full body workout set to music that incorporates both bodyweight movements and light dumbbells to improve strength and fitness. Exercises are modifiable so participants can work at the level best suited to them. Whether you are new to strength training, or looking to increase the intensity for a good burn, there is something for everyone. Compare yourself only to the person you were yesterday!

Tuesday & Thursday

9:00 am

Fee: Daily Class- $8/Members or $10/Non-Members

10 Class Punch Card- $80/Members or $100/Non-Members

Cash or Check only, no credit cards accepted for any fitness classes

BAY OAKS
RECREATIONAL CAMPUS

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The Town of Fort Myers Beach
Established 1995