

Adult
Fitness

Small Group Training

What better way to spend your morning than with this 30 minute, total body workout! We'll keep you moving the entire time so you can get a cardio workout while also building strength and core stabilization. This class will leave you feeling energized and ready to take on the rest of the day.

*If interested in Small Group Training, please contact Carma at 701.234.7643 or Carma.DeVillers@sanfordhealth.org.



COST

\$11 per class for Members
\$20 for Nonmembers

REGISTER

- Familywellnessfargo.org
- Front Desk
- Call 701.234.2400

2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | www.familywellnessfargo.org

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