

*If you are looking to firm up, increase your cardiovascular fitness and have a good time with your fellow employees you're encouraged to attend at ANY of the fitness classes. New members are highly encouraged and enthusiastically welcomed.*

Pilates is also held in the board room and has had some very hard working, fun loving folks. This workout becomes more intense as you get better control of your core with practice. It is great for all levels of fitness. This class is held on Tuesdays and Thursdays at 5:00pm and we would love to have any level of fitness join in. It's a great workout.