



# **B**fit.

where working out is **FUN**, not work!

## **B fit Circuit**

Want to tone all over? This 45min class will help tone your entire body in weeks! \*bring more than 10lb weights & mat

**M: 6:15p**

**\$5**

(stay for danceLoca after: both classes will total \$

## **danceLoca**

**(inspired by Zumba)**

GREAT 1hr dance/toned  
cardio session

a FUN way to lose inches/pounds!

**M: 7p W: 6:30p**

**\$5**

Classes are located  
at the *Old Mill* in Dundee