

MWR Fitness 2010

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Dec. 9, 2009 -- Time to get in shape! A new year, new you? Free classes from January 4th-15th

Indoor Cycling, Pilates, Zumba, Cardio, Core and Strength and Strength and Step.

Join us at 6am, 9am, Noon or 5pm at Thorpe/Root Hall Gym and resume your journey to being trim.

For more information on classes call (717) 245-3387.