



Forum Fitness Center Fitness Classes

Morning Aerobics

Mon, Wed, Fri 6:15am-7am

Saturdays 8:00am-9:00am

Evening Aerobics

Mondays 5:15-6:15 pm Cardio Interval

Tuesdays 5:15-6:15pm Kickboxing

Wednesdays 5:15-6:15pm Cardio Interval

Thursdays 5:15-6:15pm Step N Tone

FREE for all Forum members

