

Are you ready for...

PowerStrike?

You don't need to float like a butterfly or sting like a bee to get one of the best full body workouts.



Adult Class

Saturdays - 10am - 11am

Youth Class (ages 14-18)

Saturdays - 11:30am - 12:30pm

Class size is limited to 8 participants

Members pay \$10 per class

Non-Members \$10 + \$15 Day Pass

or reserve a spot in class with a 4-pack for \$40 (non-members +\$25)

Take your workout to a new level!