

Morning Sweat

w/ Maggie

Tues-Thurs Morning 6:15-7:00AM

Starts 9/13/22

Using a variety of equipment, participants will move through a combination of strength and cardio exercises that will wake up your body from head to toe. The class is designed to be fast paced, but modifications are encouraged and will always be provided.

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**Compassionate
Knowledgeable
Enthusiastic
And FUN!**



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