

October 2018 Class Calendar & England Fitness Center News

Unlimited Classes \$24 members and \$35 for non-members.

501-842-1016 www.EnglandFitnessCenter.com

CELEBRATING 10 YEARS!

SAUNA

Open


Oct. 1st



INFRARED FULL SPECTRUM SAUNA

SAUNA INTRODUCTORY PRICE FOR MEMBERS ONLY

use up to 12 visits in one month \$100. Details at EFC

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>
October 1,8,15,22,29	October 2,9,16,23,30	October 3,10,17,24,31	October 4,11,18,25
<p>Video Classes Silver Sneakers CIRCUIT at 9am YOGA at 10am</p> <p>WEIGHT WATCHERS 5:30 Weigh In and Sign up 6pm Meeting starts</p>	<p>9am: Silver Sneakers CLASSIC Strengthen Muscle, Gain Flexibility Instructor: Terri Butler</p> <p>10 am: Silver Sneakers SPLASH WATER AEROBICS Instructor: Terri Butler</p> <p>6pm: Cardio Circuit Coker Fit</p>	<p>9am: Silver Sneakers CIRCUIT Heart Healthy Class</p> <p>10 am Silver Sneakers Chair Yoga Instructor: Terri Butler</p> <hr/> <p>NEW EVENING CLASS TUES. & THURS. 6 pm</p> 	<p>9am: Silver Sneakers CLASSIC Strengthen Muscle, Gain Flexibility Instructor: Terri Butler</p> <p>10 am: Silver Sneakers SPLASH WATER AEROBICS Instructor: Terri Butler</p> <p>6pm: Cardio Circuit Coker Fit</p>

TRUNK OR TREAT WILL BE HELD IN THE EFC PARKING LOT ON TUESDAY, OCT. 30 6:15 to 7:30 pm