

February 2019 Class Calendar & England Fitness Center News

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

501-842-1016 www.EnglandFitnessCenter.com



VALENTINE SPECIAL

1 month **Unlimited Sauna Use** Package*
on sale from Feb. 1st thru Feb. 14th.

The unlimited dates can be used from
Feb. 15 thru March 15th. EFC Membership Required

Treat yourself or Treat your Valentine to the healing properties of our infrared Sauna!

\$90 LOWEST PRICE EVER! Reg. Price: \$225

*Unlimited package is 1 time use per day, every day from
Feb. 15th thru March 15th, 2019 with appointment and membership.
Come in and get information about what our Sauna could do for you!

Basketball area closed on Feb. 23rd
to host Youth Basketball games.

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>
<i>February 4,11,18,25</i>	<i>February 5,12,19,26</i>	<i>February 6,13,20,27</i>	<i>February 7,14,21,28</i>
Silver Sneakers CIRCUIT at 9am Kelly Smith YOGA STRETCH VIDEO 10am WW MEETINGS WEIGHT WATCHERS 5:30 Weigh In and Sign up 6pm Meeting starts	9 am: Silver Sneakers CLASSIC Strengthen Muscle, Gain Flexibility Instructor: Terri Butler 10 am: Silver Sneakers SPLASH WATER AEROBICS Instructor: Terri Butler	9 am: Silver Sneakers CIRCUIT Heart Healthy Class Instructor: Terri Butler 10 am Silver Sneakers YOGA STRETCH Video Class	9 am: Silver Sneakers CLASSIC Strengthen Muscle, Gain Flexibility Instructor: Terri Butler 10 am: Silver Sneakers SPLASH WATER AEROBICS Instructor: Terri Butler

Basketball court closed from 4:00 to 6:30 on Tuesdays and Thursdays for Youth Basketball practices.