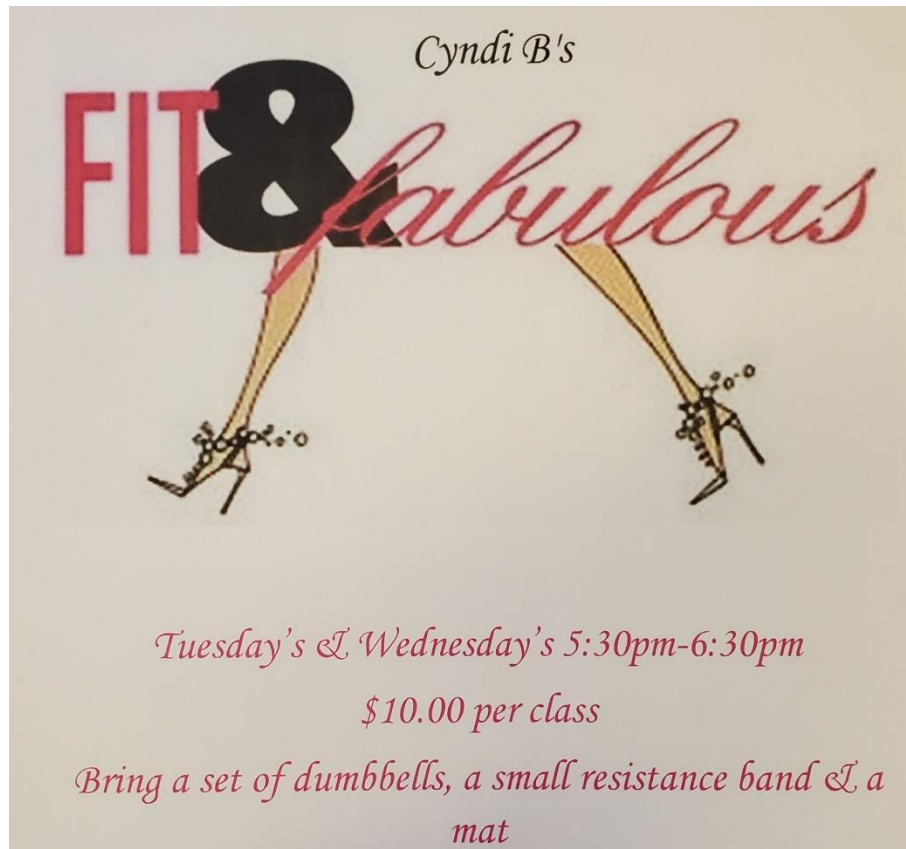


SANBORN HALL
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Fit & Fabulous class is a one-hour interval training class consisting of strength training and cardio for any age.

A variety of strength training using dumbbells & resistance bands

Cyndi B's Groove Dances ~ Low impact

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