



# FITNESS HOP

FREE FOR MEMBERS & NON-MEMBERS  
20 MINUTE TRIAL CLASSES

**Date:** Saturday, May 3rd

**Schedule:** 8:30am, 9:00am, 9:30am, 10:00am, 10:30am, 11:00am

**Classes:** Spin, Yoga, Barre, Water, HIIT, Total Body Blast, and more

**Refreshments:** 11:30am in Lobby

**Registration Deadline:** Friday, April 25th\*

Heidi at [heidi@dacfit.org](mailto:heidi@dacfit.org) or call 217-423-7020

*\*Late registration accepted if there is availability*

