



Group Fitness

Attention Members

The following classes will be cancelled or altered on Thursday, Feb. 23 due to our Blood Drive

- 6:15 AM CORE is cancelled
- 9:20 AM Fitness Yoga will be held in the High Court
- 10:30 AM Kids Fit and Fun will be held in the high court
- 11:15 AM IronWorks is cancelled
- 12:10 PM Step will be held in the High Court from 12:20-1:00 PM

We encourage you to donate blood if you are able. You can sign up at the front desk. All blood donors receive three free guest passes.

We apologize for any inconvenience this may cause and thank you for your ongoing support of the group fitness program. For more information please contact Brenda Cloud, Group Fitness Coordinator, at bacloud5@rockwellcollins.com

