



VICTORIA PARK STRONG

FITNESS PROGRAM

MONDAY TONE & TRIM 2.0 | 9-10 AM
FREE BODY WORKS | 5:30-6:30 PM
RESTORATIVE YOGA | 7-8 PM

TUESDAY FUNCTIONAL FITNESS | 9-10 AM
FREE VP STRONG MOMS | 1:45-2:15 PM

WEDNESDAY TONE & TRIM 2.0 | 9-10 AM

THURSDAY SBZ | 7:00-7:45 PM
FREE VP STRONG MOMS | 1:45-2:15 PM

FRIDAY TONE & TRIM 2.0 | 9-10 AM

SATURDAY SBZ EVERY 3RD SAT | 8-9 AM
COMMUNITY YOGA FLOW | 8:30-9:30 AM

Notes:

SBZ = Strong By Zumba, \$3 At The Door

Locations:

Victoria Trails MPR: Body Works, Restorative Yoga, Tone & Trim 2.0, SBZ & Functional Fitness

Commons Ampitheatre: Community Yoga Flow

Trails Lake On E Victoria Trails Blvd: VP Strong Moms

All Fitness Classes Require A Fitness Punch Card With The
Exception Of: SBZ, VP Strong Moms & Body Works