

HRC Wellness Center

Fitness Classes



“Breakfast Club”

Get your day started right
with our early morning
workout that will pump you
up the rest of the day!!

Join Tracy for a fun but
super beneficial program.

All classes are FREE to
Wellness Members or
\$2.00 for non-members.

Schedule:

“Breakfast Club”

Tue & Thur

5:30—6:00am

Instructor:

Tracy Johnson



For additional information contact:

620-277-2152

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