



SHEILA CLARK-HAWKINS

I am a Miss Fitt

**BE STRONG,
BE HEALTHY AND STAY CUTE WITH US**

OUR SCHEDULE

**Tuesday 6:40pm - Strength Training
w/ equipment**

Tuesday 7:25pm - Zumba

**Thursday 6:40pm - Strength Training
w/ equipment**

Thursday 7:25pm - Zumba

Saturday 9:00am - Zumba

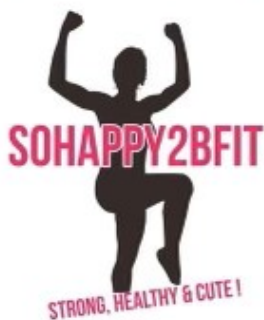
Spring session only starts 3/7 -

Thursday 9:15am Total Body w/ equipment

Classes held at

Rockville Centre Recreation Center

111 N Oceanside Road 11570



All Classes are \$10 pay as you go or packages are available.

Payment options: contactless or pay cash at door. Gift certificate available

**Get in touch with us
sohappy2bfit@gmail.com**

Baldwin Chamber of Commerce Member