

MARCH FITNESS CLASSES

FULL BODY BLAST | COMPLIMENTARY
MONDAY MARCH 9, 23 & 30 | 9:30 - 10:30 AM
LOW-IMPACT CARDIO & WEIGHTS

PEACEFUL MIND YOGA | COMPLIMENTARY
EVERY MONDAY | 6 - 7 PM

MAT PILATES | COMPLIMENTARY
WEDNESDAY MARCH 11 & 25 | 9:30 - 10:30 AM
ALL FITNESS LEVELS

REVIVE & RENEW YOGA | COMPLIMENTARY
EVERY FRIDAY | 8:30 - 9:30 AM

Southern Hills
PLANTATION CLUB

YOGA MATS AVAILABLE.

For more information please contact Pamela Poisson:
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