Try our brand new **Beachbody PiYo**

Workout 8 Week Program on DVD!

PiYo was created to become a fusion between both Pilates and yoga and it is designed to provide a great workout with no weights and no jumps, instead it is a low-impact and high-intensity program!

We also have the **P90X3** and **T25** programs for those feeling short on time and the **P90X** and **Intensity** programs for those looking for a longer program.

Other programs available at the CFC include **Zumba** and **Hip Hop Abs**!

Check out a program and an aerobics room at the front desk and get started on your path to a healthier and more fit self! Calendars designed for the programs are also available and our aerobics rooms can be reserved for the times most convenient to an individual's personal schedule.