

**BOXING & PHYSICAL FITNESS CENTER**  
**302 10<sup>th</sup> Street, Wilmington 341-7872**

**Group Fitness Classes**

**Basic Aerobics**

Monday thru Thursday

1:10pm

Instructor: Johnnie Mae Drayton

**Open Training**

Monday Wednesdays Friday

12:00pm and 6pm

Instructor: Staff

**Yogalates**

Thursdays 6:30am

Mondays and Tuesdays

12pm

**Step by Step Body Jam (Dance)**

Monday, Tuesday and Wednesday

6:30pm

Instructor: John Hollywood