

On A Roll

A fitness class designed to improve core stability and overall muscular strength. This class will feature the medicine and physio balls, as well as the foam half roll.

Hyannis

Wednesdays 9-9:30am

& Now in Mashpee

Mondays 8-8:30am

*“Great class and tailored to the participant.”
~Sarah W*

*“Good fun. Everybody should try it!”
-Nancy H*

