



Weekly Activities

Free to Members

- Martial Arts - M 5-6
- Yoga - M 12-1, W 3:30-4:30
- Karaoke Nights - Th and Sa 7-10
- Pickle Ball - M & W 9-12, Th 4:30-7:30, Su 4-7

Available to Members

- Zumba - M, W, F 9-10, Sa 8-9 - \$12 or multi-class pass
- Wednesday Night Dinners - W 5:30-7:00 - \$15
- Swing Dancing - W 7:00-10:30 - \$10

Free to Fitness Center Members

- Co-ed Water Aerobics - M 10-11, W 2-3
- Co-ed Water Aerobics - F 10-11 Fitness Center Members and Breast Cancer Survivors

To find out more about our activities and events
call (916) 422-6666 or go to www.Elks6.com