



Sweat out the letters
& dance the digits



BOKWA

Bokwa is a new and completely different approach to group fitness that is rapidly spreading across the globe!

Bokwa participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine. Moving together to today's most popular music, participants of all ages are welcome to try Bokwa!

WHEN: Tuesday 6 a.m. w/Marjorie in Studio 1
Tuesdays 6:30 p.m. w/Michelle in OWR

COST: Free to members, non-members
must purchase day-pass

For more information, call Dave Tanis @ 269-963-9622 ext. 110