

Group Fitness Classes are Outside!

Join us for fitness classes outside at the Miracle League Field,
just across the parking lot from SRAC!

Space is limited to only 24 participants.

Bring your water!

Mondays— 8am-REFIT®

Tuesdays-8am-ZUMBA®

Wednesdays-8am-REFIT®

Wednesdays-6:30pm-ZUMBA®

Thursdays-8am-Zumba®

Thursdays-6pm-WERQ®

Fridays-8am-REFIT®

Saturdays-8:30am- WERQ®

600 M Durwood Stephenson Parkway, Smithfield, NC 28577

(919) 934-1408

