

Fit24K Body Blast

Fit24K Body Blast combines strength training, circuit, interval and resistance workouts to challenge your level of fitness and endurance, while creating a new and exciting way to workout! Never a dull moment. All fitness levels welcome!

Date: Tuesday, Thursday & Saturday

Time: 6:30 –7:30 pm (Tues/Thurs);
10:30 - 11:30am (Sat)

Low Impact Class on Wednesday 11am-12pm

Age: 18 years and up

Cost: \$5 per class

Halifax Community Center
1023 Halifax Street
Raleigh, NC 27604
919-996-6378



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