



# “Starting Over”

Mondays at 9am in Studio A

NEW  
CLASS IN  
MARCH

## What is “Starting Over”?

Starting Over” is a 45-minute fitness class designed for anyone returning to the gym and ready to rebuild strength, confidence, and consistency. Each week brings a fresh focus—from kettlebells and dumbbells to bosu and stability balls, to resistance bands to bodyweight circuits—keeping workouts fun, safe, and accessible for all levels. Expect supportive coaching, simple modifications, and a welcoming space to start strong again.

First class is on Monday, March 2 at 9am.