



NEW AT MEGA...ADULT FITNESS CLASSES!!

We are pleased to announce adult fitness classes at Michigan Elite Gymnastics Academy. MEGA, along with WNIC and Beaumont Hospital, have teamed up to help adults in the 2nd Annual Weight Loss Challenge. Adult fitness classes are held on

Monday & Wednesday (General Fitness): 7:00-8:00 p.m.

Tuesday (Cardio-Kickboxing): 6:00-6:50 a.m.

Saturday (Cardio-Kickboxing): 8:00-8:50 a.m.

Classes run September 21 – November 14

Fitness classes will help improve health and lose weight in a fun & safe way!

