



Drop in
Anytime!

ZPOWER
FITNESS

\$5 CASH PER
CLASS
MEMBERS
FREE

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www.zpowerfitness.com - join our email list!



ZPOWER FITNESS
at Wild Horse Fitness

920 Kehrs Mill Road- Ballwin, MO 63011

CLASS SCHEDULE - 2017


Monday 9:15 AM - Tami
7:00 PM - Cindy 

Tuesday 9:30 AM - Daphne
7:00 PM - Sam

Wednesday 9:15 AM - Tami/Daphne

Thursday 6:30 PM - Echo

Friday 9:15 AM - Tami

Saturday 9:15 AM - Sam 

Check our website calendar for specific class information and to learn about our special \$7 - 90-MINUTE Holiday and Club Nite Zumba Dance Parties.

ALL STAFFING IS SUBJECT TO CHANGE - Schedule Effective 1/15/2017