DOWNLOAD THE MYWELLNESS® APP:

- Get it on Google Play
- Download on the App Store
Once you set up an account go to the clipboard icon at the bottom (iPhone) or MyMovement (Android).
From here. Select the QR scanner at the top right corner.
Now, scan our QR code!
You now have #AppStateFitness on your phone!

Go to the home screen and refresh the page by pulling down. Then, select class timetable to see our full schedule.
You can search by class format, instructor, or location!
Click on a class to get a full description!

APPSTRONG
Mt. Mitchell Fitness Center

Wed 23 Aug 4:15 PM 60 min

Yu-Robinson Asia
Class instructor

Description
In this total body strength training class you’ll work to strengthen all the major muscles of the body to the beat of uplifting music. To survive the mountains ahead get AppSTRONG.