



Fall 2 2017

# GROUP FITNESS

# TGIF

Fridays are Fun! Join us in Gym 2 every Friday for a rotation of great classes!

DATE

CARDIO | 8:30AM

TONING/STRENGTH | 9:00 AM

Nov 3

Danielle Zumba®

Gina Body Sculpt

Nov 10

Sara R.I.P.P.E.D.® (8:30-9:20am)

Nov 17

Danielle Zumba®

Michaelyn Body Sculpt

Nov 24

Setareh Zumba®

Michaelyn Body Sculpt

DATE

CARDIO | 8:30AM

TONING/STRENGTH | 9:00 AM

Dec 1

Danielle Zumba®

Cheryl Body Sculpt (9:00-9:45am)

Dec 8

Gina Cardio Kickboxing

Gina Body Sculpt

Dec 15

Donielle R.I.P.P.E.D.® (8:30-9:20am)

Dec 22

Kari Kettlebell AMPD® (8:30-9:15am)

Dec 29

Kari R.I.P.P.E.D.® (8:30-9:20am)

