



Fall 2017

GROUP FITNESS

TGIF

**Fridays are Fun! Join us in Gym 2 every Friday from
8:30 – 9:30 for a rotation of great classes!**

Sept 1: Zumba with Setareh / Zumba Toning with Theresa

Sept 8: R.I.P.P.E.D. with Sara

Sept 15: Zumba & PiYo with Danielle

Sept 22: Sculpt, Flex & Flow with Cheryl

Sept 29: Kickboxing & Sculpt with Gina

Oct 6: Zumba & Kettlebell AMPD with Danielle

Oct 13: Sculpt, Flex & Flow with Cheryl

Oct 20: R.I.P.P.E.D. with Sara

Oct 27: Kickboxing & Sculpt with Gina

