



Winter 2018

GROUP FITNESS

TGIF

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

<u>DATE</u>	<u>CARDIO 8:30AM</u>		<u>TONING/STRENGTH 9:00 AM</u>	
Jan 5	Setareh	ZUMBA®	Michaelyn	Body Sculpt
Jan 12	Danielle	ZUMBA®	Danielle	AMPD® Resistance
Jan 19	Setareh	ZUMBA®	Michaelyn	Body Sculpt
Jan 26	Kari	R.I.P.P.E.D.® RUMBLE	Michaelyn	Body Sculpt

<u>DATE</u>	<u>CARDIO 8:30AM</u>		<u>TONING/STRENGTH 9:00 AM</u>	
Feb 2	Danielle	ZUMBA®	Danielle	AMPD® Resistance
Feb 9	Gina	Cardio Kickboxing	Gina	Body Sculpt
Feb 16	Theresa ZUMBA® + ZUMBA® Toning (8:30-9:15)			
Feb 23	Kari R.I.P.P.E.D.® RUMBLE (8:30-9:30)			

