



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 Kettlebell AMPD® Fusion
Jan 19	Setareh ZUMBA®	Michaelyn Body Sculpt
Jan 26	Michaelyn INSANITY® Core	Michaelyn Body Sculpt

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

