



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

IF IT
 DOESN'T
 CHALLENGE
 YOU
 IT
 DOESN'T
 CHANGE
 YOU

READY SET SWEAT

Saturday Fitness

<u>DATE</u>	<u>CARDIO 8:00 AM</u>		<u>TONING/STRENGTH 9:00 AM</u>	
Jan 6	<i>Gymnastics Meet— No Studio Classes</i>			
Jan 13	Tami/Jami-Sidekick Cardio Kickboxing		Michaelyn INSANITY® Core	
Jan 20	Danielle	ZUMBA®	Danielle	Kettlebell AMPD® Fusion
Jan 27	Carrie	POUND®	Stephanie	Group Power®
Feb 3	Setareh	ZUMBA®	Michaelyn	TRX® Fusion
Feb 10	Carrie	POUND®	Kari	Group Power®
Feb 17	Tami/Jami-Sidekick Cardio Kickboxing		Michaelyn INSANITY® Core	
Feb 24	Danielle	ZUMBA®	Danielle	PiYo®



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