



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

IMAGINE
 with all
 your mind.
BELIEVE
 with all
 your heart.
ACHIEVE
 with all
 your might.

READY SET SWEAT

Saturday Fitness



<u>DATE</u>	<u>CARDIO 8:00 AM</u>	<u>TONING/STRENGTH 9:00 AM</u>
Mar 3	Jenny R.I.P.P.E.D. RUMBLE®	Michaelyn TRX®
Mar 10	Tami/Jaimie Sidekick Cardio Kickboxing	Carrie POUND®
Mar 17	Setareh ZUMBA®	TBD- Check App
Mar 24	Donielle R.I.P.P.E.D.®	Shane Group Power®
Apr 7	Jenny R.I.P.P.E.D. RUMBLE®	Shane Group Power®
Apr 14	Donielle R.I.P.P.E.D.®	Carrie POUND®
Apr 21	Danielle ZUMBA®	Danielle PiYo®
Apr 28	Tami/Jaime Sidekick Cardio Kickboxing	Michaelyn TRX®



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