



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**WAKE UP WITH  
 DETERMINATION  
 GO TO BED  
 WITH  
 SATISFACTION**

# READY SET SWEAT

## Saturday Fitness

<u>DATE</u>	<u>CARDIO   8:00 AM</u>		<u>TONING/STRENGTH   9:00 AM</u>	
Nov 4	Tami/Jaime	Sidekick Cardio Kickboxing	Kari	Group Power®
Nov 11	Laura	Aqua Zumba® (IP)	Michaelyn	TRX®
Nov 18		No Studio Classes– Gymnastics Meet		
Nov 25	Setareh	Zumba®	Jenny	Group Power®
Dec 2	Setareh	Zumba®	Michaelyn	INSANITY® Core
Dec 9	Laura	Aqua Zumba® (IP)	Laura	Aqua Tabata (IP)
Dec 16	Donielle	R.I.P.P.E.D.®	Michaelyn	TRX® Strength
Dec 23		8:00am Christmas eve - Holiday Palooza Fun Class		
Dec 30	Janet	Shallow Water Challenge (IP)	Janet	Water Pump Challenge (IP)



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