



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)	Kari Group Power®
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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