



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**THINKING
 ABOUT
 GOING TO THE
 GYM BURNS
 BETWEEN
 0 and 0
 CALORIES**

READY SET SWEAT

Saturday Fitness

<u>DATE</u>	<u>CARDIO 8:00 AM</u>		<u>TONING/STRENGTH 9:00 AM</u>	
Sept 2	Jaime/Tami	Sidekick Cardio Kickboxing	Shane	Group Power®
Sept 9	Setareh	Zumba®	Kari	Group Power®
Sept 16	Hannah	MetCon	Stephanie	Group Power®
Sept 23	Sara	R.I.P.P.E.D.®	Jennifer	Group Power®
Sept 30	Theresa	Zumba®	Hannah	MetCon Upper + Lower
Oct 7	Jaime/Tami	Sidekick Cardio Kickboxing	Shane	Group Power®
Oct 14		9:00 R.I.P.P.E.D.® RUMBLE Master Class		
Oct 21	Hannah	MetCon	Danielle	PiYo®
Oct 28	Setareh	Zumba®	Stephanie	Group Power®



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