



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A HEALTHY SAMPLING OF GROUP X



## GROUP X SAMPLER CLASSES TUESDAY, JANUARY 1ST 12:30 PM — 3:30 PM

WE'RE CELEBRATING THE NEW YEAR, BY OFFERING A GROUP EX SAMPLER CLASS DAY- 25 MINUTE CLASSES IN STUDIO A TO A 75 MINUTE YOGA CLASS IN STUDIO B - SO YOU CAN GET A TASTE OF WHAT WORKS BEST FOR YOU. COME AND TRY OUT 1 OR MANY CLASSES TO SEE WHAT YOU LIKE AND MAKE A PLAN FOR A HEALTHIER, HAPPIER YEAR TO COME!

### Schedule - Studio A

12:30 pm - 12:55 pm H.I.I.T w/ Rachel  
1:00 pm - 1:25 pm Dance & Sculpt w/ Missy  
1:30 pm - 1:55 pm STRONG by Zumba w/ Caryn  
2:00 pm - 2:40 pm Zumba Jam w/ Gen, Katie,  
Missy, Laurie and Caryn  
2:40 pm - 2:55 pm Core w/ Caryn  
3:00 pm - 3:30 pm Yoga w/ Laurie

### Schedule - Studio B

12:15 pm - 1:30 pm - 108 Sun Salutations  
w/ LeAnna