



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A HEALTHY SAMPLING OF GROUP EX!

GROUP EX SAMPLER - INSTRUCTOR JAM!
WEDNESDAY, JANUARY 1
12:30 - 3:55 PM

WE'RE CELEBRATING THE NEW YEAR, BY OFFERING A GROUP EX SAMPLER CLASS DAY. 30 MINUTE CLASSES IN STUDIO A AND IN THE CYCLE STUDIO. COME AND TRY OUT 1 CLASS OR MANY CLASSES AND SEE WHAT YOU LIKE AND MAKE A PLAN FOR A HEALTHIER, HAPPIER YEAR TO COME!

SCHEDULE:

STUDIO A

12:30 pm - 1:00 pm STRONG by Zumba w/ Brittani
1:05 pm - 1:35 pm Barre w/ Caryn
1:40 pm - 2:10 pm Kickboxing Boot Camp w/ Brenda
2:15 pm - 2:45 pm Zumba w/ Caryn
2:50 pm - 3:20 pm Muscle Pump w/ Laurie
3:25 pm - 3:55 pm Yoga w/ Laurie

CYCLE STUDIO

12:30 pm-1:00 pm: Rachel
1:05 pm-1:35 pm: Jackie
1:40 pm-2:10 pm: Megan