



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CELEBRATE SOCIALIZE HAVE FUN

Special Group Exercise Schedule

New Years Eve Schedule

- 8:00am BodyStep -Lauren/Wanda
- 8:15am RPM Express- Katherine
- 9:00am Piyo -Jackie
- 9:00am BodyPump -Lauren/Wanda
- 9:00am Zumba- Brittany in the gym
- 9:30am Boot camp - Janet in MX4 room
- 10:00am RaisedBarre - Lauren
- 11:15am Silver Sneakers - Gayla

New Years Day Schedule

- 9:00am BodyPump - Dora and Kerry
- 9:00am RaisedBarre Express - Lauren
- 9:30am CX -Lauren -Mind/Body Studio
- 9:30am Boot Camp - Janet in MX4 room
- 10:00am BodyStep - Dora/Kerry
- 10:00am Sprint - Lauren
- 10:05am Strong - Kimberly/Zenitra/Iris- Mind/Body Studio
- 11:05am Zumba - Iris -Mind/Body Studio (45 minute format)
- 11:15am Silver Sneakers - Gayla

