

# SPRING INTO FITNESS! WEEKEND SCHEDULE

## Saturdays

### March 31

- 8:00 AM - **Interval Style** - Nadeen Swab
- 9:00 AM - **Zumba** - Steph Zettle-moyer
- 10:00 AM - **Barefoot Bootcamp** - Sara Bowman

### April 7

Facility Closed 8:00am - 12:00pm

### April 14

- 8:00 AM - **Indoor Cycling** - Denise Treven
- 9:00 AM - **Zumba** - Steph Zettle-moyer
- 10:00 AM - **Power Flow** - Jenn Triassi
- 10:00 AM - **Zumba Kids** - Steph Zettle-moyer

### April 21

- 8:00 AM - **Step** - Robin Harder
- 9:00 AM - **Zumba** - Steph Zettle-moyer
- 10:00 AM - **Power Flow** - Jenn Triassi
- 10:00 AM - **Zumba Kids** - Steph Zettle-moyer

### April 28

- 8:00 AM - **Bike & Bootcamp** - Amanda Smith
- 9:00 AM - **Zumba** - Steph Zettle-moyer
- 10:00 AM - **Power Flow** - Jenn Triassi
- 10:00 AM - **Zumba Kids** - Steph Zettle-moyer

### May 5

- 8:00 AM - **Step** - Penni Kinn
- 9:00 AM - **Zumba** - Steph Zettle-moyer
- 10:00 AM - **Power Flow** - Jenn Triassi
- 10:00 AM - **Zumba Kids** - Steph Zettle-moyer

## Sundays

12:00 PM - **Sunday Cycling** - Amanda Smith

1:15 PM - **All Levels Yoga**

4/1, 4/15, 4/29 - Marcy Zyskoski

4/8, 4/22, 5/6 - Missy Grazio



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY