

FALL INTO FITNESS

WEEKEND AEROBICS SCHEDULE

Saturdays

September 29

8:00 AM - Indoor Cycling - Denise Treven
9:00 AM - Zumba - Steph Zettlemoyer
10:00 AM - Power Flow - Marcy Zyskoski

October 6

8:00 AM - Step - Robin Harder
9:00 AM - Zumba - Steph Zettlemoyer
10:00 AM - Power Flow - Jenn Triassi

October 13

8:00 AM - Bike & Bootcamp - Amanda Smith
9:00 AM - Zumba - Steph Zettlemoyer
10:00 AM - Power Flow - Sara Bowman

October 20

8:00 AM - Step - Robin Harder
9:00 AM - Zumba - Steph Zettlemoyer
10:00 AM - Power Flow - Jenn Triassi

October 27

8:00 AM - Piloxing - Karen Murtin
9:00 AM - Zumba - Steph Zettlemoyer
10:00 AM - Power Flow - Sara Bowman

November 3

8:00 AM - Interval Style - Nadeen Swab
9:00 AM - Zumba - Steph Zettlemoyer
10:00 AM - Power Flow - Jenn Triassi

Sundays

11:00 AM - All Levels Yoga

10/7, 10/21, 11/4 - Marcy Zyskoski

9/30, 10/14, 10/28 - Missy Grazio

12:00 PM - Sunday Cycling - Amanda Smith



Looking for an extra incentive to get fit?
Ask the front desk about scheduling a
Personal Training Session!



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY