

FALL INTO FITNESS

WEEKEND AEROBICS SCHEDULE

Saturdays

November 10

8:00 AM - **Indoor Cycling** - Denise Treven
9:00 AM - **Zumba** - Steph Zettlemoyer
10:00 AM - **Power Flow** - Sara Bowman
11:00 AM - **Kickboxing** - Eric Sanders

November 17

8:00 AM - **Step** - Penni Kinn
9:00 AM - **Zumba** - Steph Zettlemoyer
10:00 AM - **Power Flow** - Jenn Triassi
11:00 AM - **Kickboxing** - Eric Sanders

November 24

8:00 AM - **Bike & Bootcamp** - Amanda Smith
9:00 AM - **Zumba** - Steph Zettlemoyer
10:00 AM - **Power Flow** - Sara Bowman
11:00 AM - **Kickboxing** - Eric Sanders

December 1

8:00 AM - **Step** - Penni Kinn
9:00 AM - **Zumba** - Steph Zettlemoyer
10:00 AM - **Power Flow** - Jenn Triassi
11:00 AM - **Kickboxing** - Eric Sanders

December 8

8:00 AM - **Piloxing** - Karen Murtin
9:00 AM - **Zumba** - Steph Zettlemoyer
10:00 AM - **Power Flow** - Sara Bowman
11:00 AM - **Kickboxing** - Eric Sanders

December 15

8:00 AM - **Interval Style** - Nadeen Swab
9:00 AM - **Zumba** - Steph Zettlemoyer
10:00 AM - **Power Flow** - Jenn Triassi
11:00 AM - **Kickboxing** - Eric Sanders

Sundays

11:00 AM - **All Levels Yoga**

11/18, 12/2, 12/16 - Marcy Zyskoski

11/11, 11/25, 12/9 - Missy Grazio

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



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



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FOR HEALTHY LIVING
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