

MELT MORE THAN SNOW! WINTER WEEKEND FITNESS SCHEDULE!

Saturdays

December 22

- 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

December 29

- 8:00 AM - Step - Robin Harder
- 9:00 AM - Zumba - Steph Zettlemoyer
- 10:00 AM - Power Flow - Jenn Triassi
- 11:00 AM - Kickboxing - Eric Sanders

January 5

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

January 12

- 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

January 19

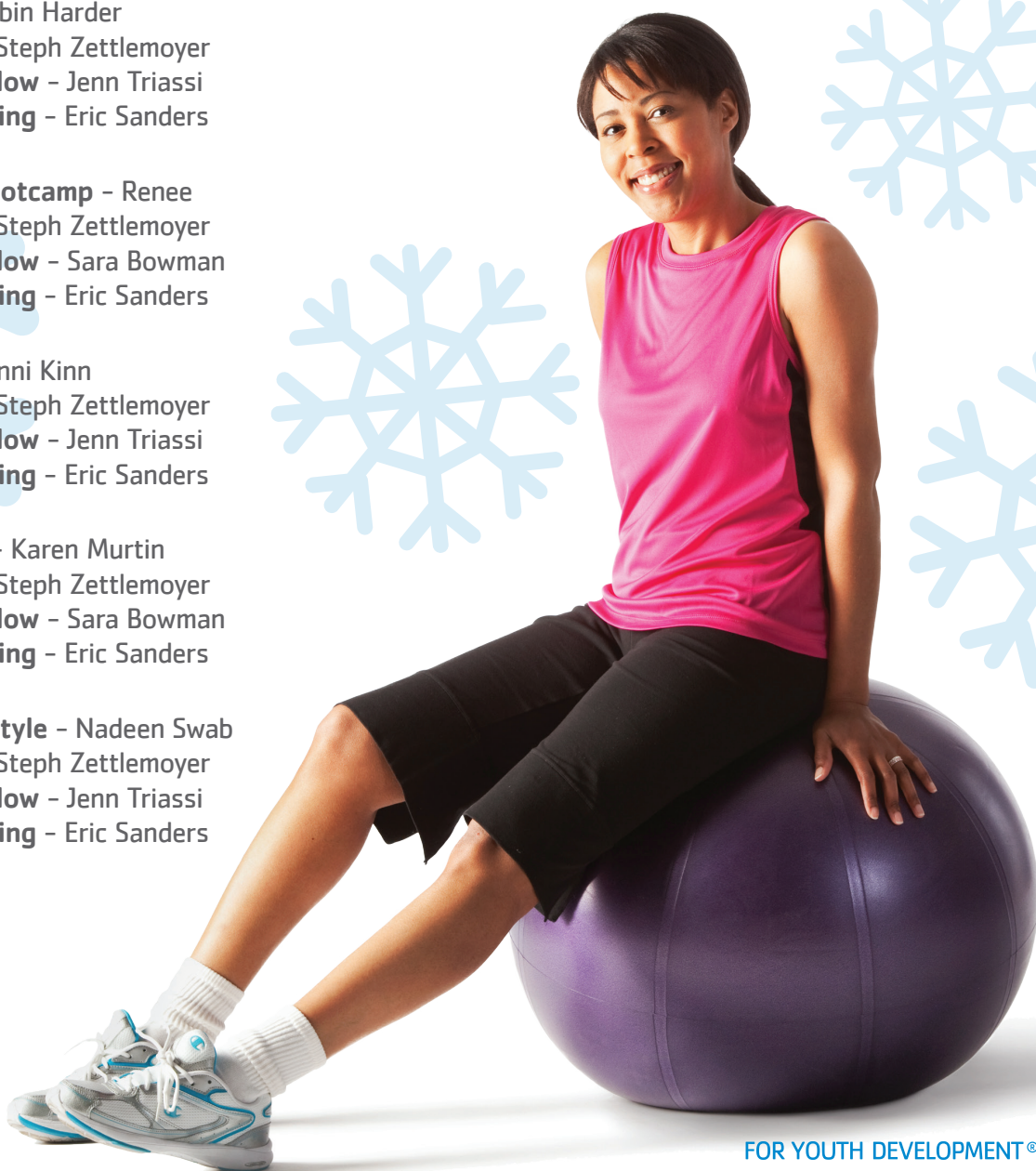
- 8:00 AM - Piloxing - Karen Murtin
- 9:00 AM - Zumba - Steph Zettlemoyer
- 10:00 AM - Power Flow - Sara Bowman
- 11:00 AM - Kickboxing - Eric Sanders

January 26

- 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
- 12/23 - Nama-Sleigh Yoga! - Missy Grazio
- 12/30 - Namaste your Way into 2019! - Marcy Zyskoski
- 1/6, 1/20 - Missy Grazio
- 1/13, 1/27 - Marcy Zyskoski
- 12:00 PM - Sunday Cycling - Amanda Smith



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