



Group Fitness Saturday Shake-Up

9:00am

March 2018

<u>Date</u>	<u>Class</u>
March 3rd	KBS101
March 10th	KBS101
March 17th	Active Together
March 24th	Strength Train Together
March 31st	30Min Active Together/ 30Min Core Focus
April 7th	Strength Train Together

*Proper footwear is required. Sneakers, running shoes, etc. are required to participate in classes.

**Schedule subject to change due to low class attendance.

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