



Group Fitness Saturday Shake-Up 9:00am January 2019

<u>Date</u>	<u>Class</u>
January 5 th	Kettlebells 9:00-9:25a/ Cycle30 Together 9:30- 10:00a(Marlene)
January 12 th	Cardio Step Together(Erin)
January 19 th	Active Together (Sara)
January 26 th	Strength Train Together (Katie)
February 2 nd	Active Together (MBA)

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

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