



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

<u>Date</u>	<u>Class</u>
August 3 rd	Cardio Step Together (Jackie)
August 10 th	Push, Pull, Move (Marsha)
August 17 th	Strength Train Together (Katie)
August 24 th	Active Together (MBA)
August 31 st	Strength Train Together (Mandy)

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

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