



Group Fitness Saturday Shake-Up

9:00am March 2020

<u>Date</u>	<u>Class</u>
March 7 th	Active Together (Dana)
March 14 th	Strength Train Together (Katie)
March 21 st	POUND (Marsha)
March 28 th	Active Together (MBA)

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

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