



# **GROUP EXERCISE**

## **FRIDAY & SATURDAY ROTATION**

### **May 6<sup>th</sup> – September 2<sup>nd</sup> 2017**

## **SATURDAY 9:00AM**

\*Please note that classes are subject to change or cancel without prior notice. For the most up to date class information please visit our [Kandi YMCA Group Exercise Facebook page!](#)

**May 6- Kristen | Total Body Conditioning**

**May 13 – Kelly | Defend Together**

**May 20 – Carter | Step**

**May 27 – **CANCEL** for Memorial Day 5k**

**Jun 3 – Jolene | TRX**

**Jun 10 – Jess | Arms and Abs**

**Jun 17 - Karen | Cycling**

**Jun 24 – Norma | Zumba**

**Jul 1 – Kelly | Defend Together**

**Jul 8 - Kristen | Total Body Conditioning**

**Jul 15 - Jolene | TRX**

**Jul 22 – Carter | Step**

**Jul 29 – Kelly | Cycling**

**Aug 5 – Jess | Arms and Abs**

**Aug 12 – Norma | Zumba**

**Aug 19 – Kelly | Defend Together**

**Aug 26 – Carter | Step**

**Sep 2 – Jolene | TRX**