



GROUP EXERCISE

SATURDAY ROTATION 9AM

September 9 – December 31st 2017

*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!](#)

Sep 9- Carter | Step

Sep 16 – Kristen | HIIT

Sep 23 – Kelly | Defend Together

Sep 30 – Erica | Barre Fusion

Oct 7 – Carter | Step

Oct 14 – Kristen | HIIT

Oct 21 - Jolene | TRX

Oct 28 – Kelly | Defend Together

Nov 4 – Erica | Barre Fusion

Nov 11 – Carter | Step

Nov 18 – Jolene | TRX

Nov 25 – Kelly | Defend Together

Dec 2 – Kristen | HIIT

Dec 9 – Erica | Barre Fusion

Dec 16 – Carter | Step

Dec 23 – Kristen | HIIT

Dec 30 – Kelly | Defend Together