



Strength Training

SATURDAY 7:45am Studio A

JANUARY 6- APRIL 28, 2018

- Jan 6 – Jason | Total Body Conditioning**
- Jan 13 – Jenna | Strength Train Together**
- Jan 20 – Jolene | TRX**
- Jan 27 – Mary Jo | Strength Train Together**
- Feb 3 – Jason | Total Body Conditioning**
- Feb 10 – Jenna | Strength Train Together**
- Feb 17 – Jolene | TRX**
- Feb 24 – Mary Jo | Strength Train Together**
- Mar 3 – Jason | Total Body Conditioning**
- Mar 10 – Jenna | Strength Train Together**
- Mar 17 – Jolene | TRX**
- Mar 24 – Mary Jo | Strength Train Together**
- Mar 31 – Jenna | Strength Train Together**
- Apr 7 – Jason | Total Body Conditioning**
- Apr 14 – Mary Jo | Strength Train Together**
- Apr 21 – Jolene | TRX**
- Apr 28 – Jenna | Strength Train Together**