



Strength / Cardio Rotation
SATURDAY 8:45am Studio A
Jan 5 - May 25, 2019

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!

- Jan 5 – Step | Carter**
- Jan 12 – Total Body Conditioning | Jason**
- Jan 19 – Defend Together | Kelly**
- Jan 26 – Strength Train Together | Mary Jo**
- Feb 2 – Step | Carter**
- Feb 9 – Total Body Conditioning | Jason**
- Feb 16 – Defend Together | Kelly**
- Feb 23 – Strength Train Together | Mary Jo**
- Mar 2 – Step | Carter**
- Mar 9 – Defend Together | Kelly**
- Mar 16 – Body Buff | Jess**
- Mar 23 – Strong by Zumba | Ana Rosa**
- Mar 30 – Strength Train Together | Mary Jo**
- April 6 – Step | Carter**
- April 13 – Strength Train Together | Mary Jo**
- April 20 – Total Body Conditioning | Jason**
- April 27– Body Buff | Jess**
- May 4 – Step | Carter**
- May 11 – Defend Together | Kelly**
- May 18– HIIT | Kristen**
- May 25– Body Buff | Jess**