



Strength Training

SATURDAY 7:45am Studio A

September 9 – December 31 2017

- Sep 9 – Jason | Total Body Conditioning**
- Sep 16 – Mary Jo | Strength Train Together**
- Sep 23 – Jess | Body Buff**
- Sep 30 – Jenna | Strength Train Together**
- Oct 7 – Jess | Body Buff**
- Oct 14 – Mary Jo | Strength Train Together**
- Oct 21 – Jason | Total Body Conditioning**
- Oct 28 – Jenna | Strength Train Together**
- Nov 4 – Mary Jo | Strength Train Together**
- Nov 11 – Jenna | Strength Train Together**
- Nov 18 – Jason | Total Body Conditioning**
- Nov 25 – Mary Jo | Strength Train Together**
- Dec 2 – Jess | Body Buff**
- Dec 9 – Jenna | Strength Train Together**
- Dec 16 – Jason | Total Body Conditioning**
- Dec 23 – Mary Jo | Strength Train Together**
- Dec 30 – Jess | Body Buff**