



# **Strength Training**

## **SATURDAY 7:45am Studio A**

### **May 1 – Sept 4, 2018**

**May 5 – Jason | Total Body Conditioning**

**May 12 – Carter | Step**

**May 19 – Kelly | Defend Together**

**May 26 – 5K RUN – Robbins Island**

**June 2 – Carter | Step**

**June 9 – Jason | Total Body Conditioning**

**June 16 – Mary Jo/Jenna | STT**

**June 23 – Michelle | Zumba**

**June 30 – Kelly | Defend Together**

**July 7 – Jason | Total Body Conditioning**

**July 14 – Carter | Step**

**July 21 – Kelly | Defend Together**

**July 28 – Norma | Zumba**

**Aug. 4 – Jason | Total Body Conditioning**

**Aug. 11 – Carter | Step**

**Aug. 18 – Mary Jo/Jenna | STT**

**Aug. 25 – Kelly | Defend Together**

**Sept. 1 – Jason | Total Body Conditioning**