



GROUP EXERCISE

SATURDAY ROTATION 9AM

January 6 – April 28, 2018

*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 6- Carter | Step

Jan 13 – Jess | Body Buff

Jan 20 – Kelly | Defend Together

Jan 27 -- Erica | Barre Fusion

Feb 3– Carter | Step

Feb 10 – Jess | Body Buff

Feb 17 - Kelly | Defend Together

Feb 24 -- Erica | Barre Fusion

Mar 3 – Carter | Step

Mar 10 – Jess | Body Buff

Mar 17– Kelly | Defend Together

Mar 24 – – Erica | Barre Fusion

Mar 31– Kristen | HIIT

April 7 – Carter |Step

April 14 – Jess | Body Buff

April 21– Kelly | Defend Together

April 28 – Kristen | HIIT