



Strength / Cardio Rotation

SATURDAY 7:45am Studio A

Sept 4 - Dec. 31, 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!

- Sept 8 – Mary Jo/Jenna | STT**
- Sept 15 – Gaby | Zumba**
- Sept 22 – Kelly | Defend Together**
- Sept 29 – Gaby | Zumba**
- Oct 6 – Mary Jo / Jenna | STT**
- Oct 13 – Norma | Zumba**
- Oct 20 – Gaby | Zumba**
- Oct 27 – Kelly | Defend Together**
- Nov 3 – Mary Jo/Jenna | STT**
- Nov 10 – Michelle | Zumba**
- Nov 17 – Kelly | Defend Together**
- Nov 24 – Gaby | Zumba**
- Dec 1 – Mary Jo/Jenna | STT**
- Dec 8 – Michelle | Zumba**
- Dec 15 – Kelly | Defend Together**
- Dec 22 – Gaby | Zumba**
- Dec 29 – SURPRISE WORKOUT!**