



GROUP EXERCISE

SATURDAY ROTATION 9:00AM

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 - Carter | Step**
- Sept 15 - NO CLASS**
- Sept 22 - Kristen | Total Body Conditioning**
- Sept 29 - Jess | Body Buff**
- Oct 6 - Carter | Step**
- Oct 13 - NO CLASS**
- Oct 20 - Kristen | Total Body Conditioning**
- Oct 27 - Jess | Body Buff**
- Nov 3 - Carter | Step**
- Nov 10 - NO CLASS**
- Nov 17 - Kristen | Total Body Conditioning**
- Nov 24 - Jess | Body Buff**
- Dec 1 - Carter | Step**
- Dec 8 - NO CLASS**
- Dec 15 - Kristen | Total Body Conditioning**
- Dec 22 - Jess | Body Buff**
- Dec 29 - SURPRISE WORKOUT!**