



Strength / Cardio Rotation
SATURDAY 7:45am Studio A
Nov. 10 - 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!

Nov 10 – Jason | Total Body Conditioning

Nov 17 – Carter | Step

Nov 24 – Gaby | Zumba Strong

Dec 1 – Mary Jo | Strength Train Together

Dec 8 – Becky | Barre Fusion

Dec 15 – Kelly | Defend Together

Dec 22 – Gaby | Zumba Strong

Dec 29 – NO CLASS

Updated 11/5/2018