



GROUP EXERCISE
SATURDAY ROTATION 9:00AM
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 — No Class

Nov 17 – Kristen | Total Body Conditioning

Nov 24 – Jess | Body Buff

Dec 1 – Carter | Step

Dec 8 – Gaby | Zumba Strong

Dec 15 – Kristen | Total Body Conditioning

Dec 22 – Jess | Body Buff

Dec 29 – SURPRISE WORKOUT!

Updated 11/5/2018