



**SATURDAY ROTATION
ASPIRUS 9:00AM**

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DATE CLASS INSTRUCTOR

SEPT 7	Zumba	Erick
SEPT 14	Full Body Kettlebell & Strength	Carrie
SEPT 21	Zumba	Eduardo
SEPT 28	Boxing Basics	Chuck
OCT 5	Yoga- FREE	Jamie
OCT 12	Full Body Kettlebell & Strength	Carrie
OCT 19	Strength & Conditioning	Laurie
OCT 26	HIIT Zen	Heidi
NOV 2	Strength & Conditioning	Paula
NOV 9	Strength & Conditioning	Julie
NOV 16	Yoga- FREE	Sue
NOV 23	Zumba	Jessica
NOV 30	THANKSGIVING- NO CLASS	
DEC 7	Strength & Conditioning	Julie
DEC 14	Step & Strength	Paula
DEC 21	Christmas TRX Studio A	Brenda