



September Saturday Switch Up Classes

Sat—Sept 5th

8:00 Zumba—Kristin B
8:15 Cycle—Christina
9:00 Aqua—Erica
9:00 Body Combat—Karin
10:30 Yoga—Ysabel

Sat-Sept 12th

8:00 Step—Robin
8:15 Cycle—Kristin M
9:00 Aqua—Erica
9:00 Zumba—Emily
10:30 Yoga—Kim

Sat-Sept 19th

8:00 Zumba—Kristin B
8:15 Cycle—Kim
9:00 Aqua—Erica
9:00 Body Balance—Karin
10:30 Yoga—Kim

Sat-Sept 26th

8:00 Body Combat—Karin
8:15 Cycle—Michelle
9:00 Aqua—Erica
9:00 Barre—Ciera
10:30 Yoga—Olivia