NOVEMBER

Saturday Switch-Up Classes

NOVEMBER 7TH

8:00 AM BODY BALANCE w/ Karin
8:15 AM SPIN w/ Christina
9:00 AM ZUMBA TONING w/ Lindsay
10:30 AM YOGA w/ Kim

NOVEMBER 14TH

8:00 AM BODY BALANCE w/ Kim
8:15 AM SPIN w/ Audrey
9:00 AM BODY COMBAT w/ Karin
10:30 AM YOGA w/ Laura G.

NOVEMBER 21ST

8:00 AM BODY BALANCE w/ Kim
8:15 AM SPIN w/ Michelle
9:00 AM DANCE w/ Michelle
10:30 AM YOGA w/ Olivia

NOVEMBER 28TH

8:00 AM BARRE SCULPT w/ Ciera
8:15 AM SPIN w/ Jen A.
9:00 AM BODY COMBAT w/ Karin
10:30 AM YOGA w/ Olivia

"Without a sense of caring, there can be no sense of community."
Anthony J. D'Angelo

the YMCA