



COME SAMPLE
7 AWESOME
CLASSES IN
ONE MORNING!

QUICK, FUN 15-20 MINUTE CLASS PREVIEWS

SATURDAY
NOV
8

FREE!
FOR EVERYONE

 **8:00-8:20am** Warm Up / HIIT - Alissa

 **8:20-8:35am** Kettlebell Crush - Leanne

 **8:35-8:50am** Butts & Guts - Ally

 **8:50-9:05am** SHiNE Dance Fitness - Jackie

 **9:05-9:20am** Line Dancing - Jane

 **9:20-9:40am** Pilates Strong - Kristi T.

 **9:40-10:00am** Yoga - Mona

Instructor JAM!