

BLACK FRIDAY BURN!

MODIFIED Group Fitness Schedule for November 27, 2020

Please note: Regularly scheduled classes **will not be held**.

BLUE STUDIO

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 AM	Zumba	Nicole Meckley
9:45 - 10:15 AM	SPRINT + Cross	Jen Fanaro

STUDIO 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 AM	BODYSTEP	Tammy Partsch
9:45 - 10:30 AM	BODYCOMBAT	Chrystine Mitchell
11:00 AM - 12:00 PM	BODYFLOW	Val Deibler

BASKETBALL COURT (Active Aging class)

TIME	CLASS	INSTRUCTOR
9:00 - 9:50 AM	Total Body Tune-up ADVANCED	Sue Daly

bodyzonesports.com/groupfitness

BODY[™]
ZONE
Sports and Wellness Complex