

# **YGROUP EXERCISE™**

We build strong kids, strong families, strong communities.

## ***Saturday Sweatfest Rotation***

### ***8:30-9:10am***

2/27	Step Interval	Lisa Behounek
3/6	Cardio Mix	Dottie O'Malley
3/13	Combat Kick	Terre Theis
3/20	Cardio Interval	Kevin Hir
3/27	No Class Breakfast with the Easter Bunny	
4/3	Zumba	Jen Jachowicz
4/10	20/20	Micki Bishop
4/17	Super Sculpt	Dottie O'Malley

## ***Wednesdays Turbo Party Rotation***

### ***9:10-10:05am***

2/24	Turbo Kick	Kristen Derengowski
3/3	Turbo Sculpt/Ab Jam	Kristen Derengowski
3/10	Pinwheel Step	Kristen Derengowski
3/17	Turbo Fusion	Kristen Derengowski
3/24	Kickin' CORE	Kristen Derengowski
3/31	Turbo Kick	Kristen Derengowski
4/7	Step	Kristen Derengowski
4/14	Turbo Kick	Kristen Derengowski

*Schedule subject to change at any time!*