

FITNESS EXPO

Plan for the New Year with your Dan Kinney Family Center

SATURDAY, DECEMBER 7TH, 2019

FREE AND OPEN TO THE PUBLIC

We want to be a part of your New Years resolutions!

Aerobics Room

9:00 – 9:20 a.m.	Family Spin with Holly
9:30 – 9:50 a.m.	Low Impact Aerobics with Nancy
10:00-10:20 a.m.	Tai Chi with Chuck
10:30 – 10:50 a.m.	Buti Yoga with Julia
11 – 11:20 a.m.	Cardio Core with Ally
11:30 – 11:50 a.m.	Bike & Build with Nichole

Gym

9:00 – 9:20 a.m.	TRX with Pam
9:30 – 9:50 a.m.	ACTion with Melissa
10:00-10:20 a.m.	Body Blast with Kim
10:30 – 10:50 a.m.	TRX with Ally
11 a.m. - Noon	Pickleball

