



Fall Session 2021 Saturday 9:15-10:15
Instructor Rotation

Sept 18	Lindsay	Strength Mix
Sept 25	Nikki	Step Mix
Oct 2	Jane	80's Cardio Workout
Oct 16	Laurie	Cardio Mix
Oct 23	Lindsay	Strength Mix
Oct 30	Nikki	Interval Mix
Nov 6	Laurie	Cardio/Step Mix
Nov 13	Jane	20/20/20 Tri Fit with Step
Nov 20	Lindsay	Interval Mix
Nov 27	Nikki	Cardio/Bodyweight Mix
Dec 4	Laurie	Cardio Mix
Dec 11	Jane	Tabata for Abs
Dec 18	Lindsay	Tabata

No class on October 9

*Formats can change based on instructor availability