



**Winter Session 2023**  
**Saturday 9:15-10:15**

<b>Date</b>	<b>Instructor</b>	<b>Format</b>
<b>Jan 14</b>	<b>Nikki</b>	<b>strength/cardio</b>
<b>Jan 21</b>	<b>Mary</b>	<b>strength mix</b>
<b>Jan 28</b>	<b>Doreen</b>	<b>tri fit Mix</b>
<b>Feb 4</b>	<b>Mary</b>	<b>strength mix</b>
<b>Feb 11</b>	<b>Nikki</b>	<b>strength mix</b>
<b>Feb 18</b>	<b>Lindsay</b>	<b>tabata mix</b>
<b>Feb 25</b>	<b>Liliya</b>	<b>step mix</b>
<b>Mar 4</b>	<b>Lindsay</b>	<b>interval mix</b>
<b>Mar 11</b>	<b>Liliya</b>	<b>step/strength</b>

class formats can change based on instructor availability

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