



EFFECTIVE NOVEMBER 1, 2022

Classes \$5-\$10/class

Kangoo Boots (\$7 Members, \$10 Non Members)

MEMBERSHIP ~ PASSES ~ Weight Training

FIRST TIMERS (\$28/14 DAYS/UNLIMITED CLASSES)

5035 W. 71st St. Suite G ~ 3172054773

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DAY	TIME	CLASS	INSTRUCTOR
MONDAY	9-9:45am	<i>BEGINNERS</i> Xtreme Hip Hop Step	Debbie
		↑ BEGINS 11/7 ↑	
	10-10:45am	FHIIT & Toning	Pat
	5:30-6:15pm	"G" Battle Balls & Bands	Gena B
	6:20-7:05pm	Xtreme Hip Hop (Step)	Jen
	7:15-8:00pm	Hip Hop	Camille
TUESDAY	5:15-6:00am	FHIIT & Toning	Jen
	10-10:45am	Silver & Gold	Shelley
	5:30-6:15pm	10 Rounds Burn	Gena B
	6:20-7:05pm	Zumba	Sub
	7:15-8:00pm	"G" Battle Ropes	Kerry Ann
WEDNESDAY	5:15-6:00am	"G" Battle Balls & Bands	Pat
	5:30-6:15pm	Zumba	Vickie
	6:20-7:05pm	Hip Hop	Camille
	7:15-8:00pm	**Xtreme Hip Hop (Step)	Jen/ArKeva
		**ArKeva (1st, 3rd, 5th Wed.) **Jen (2nd, 4th Wed.)	
THURSDAY	5:15-6:00am	"G" Battle Ropes	Kerry Ann
	9-9:45am	Zumba	LaNesha
	10-10:45am	Silver & Gold	Shelley
	5:30-6:15pm	FHIIT & Toning	Pat
	6:20-7:30pm	XTREME Hip Hop Step Workshop	Jen/ArKeva
	↑ WORKSHOP 11/10-12/22 ↑		
FRIDAY	10-10:45am	<i>BEGINNERS</i> Xtreme Hip Hop Step	Debbie
		↑ BEGINS 11/11 ↑	
	6:00-6:45pm	Zumba	Vickie
SATURDAY	8-8:45am	"G" Battle Ropes	Gena B
	8:55-9:40am	Xtreme Hip Hop (Step)	ArKeva
	9:50-10:45am	Kangoo "Bounce"	Michelle
	10:55-11:45am	Zumba	Vickie
SUNDAY	7:30-8:15am	"G" Battle Balls & Bands	Pat