

REC PLEX Variety Fridays
3pm in Small Gym
(can be moved to Yoga room pending space and massages)

Date	Instructor	Class
Friday, Feb. 19 th	<u>Paula</u>	<u>Dance Aerobics</u>
Friday, Feb.26 th	<u>Catharine</u>	<u>Kickboxing</u>
Friday, March 5 th	<u>Marie</u>	<u>Total Body Conditionin'</u>
Friday, March 26 th	<u>Adelle</u>	<u>Zumba</u>
Friday, April 9 th	<u>Heather</u>	<u>Dance Aerobics</u>
Friday, April 16 th	<u>Paula</u>	<u>Dance Aerobics</u>
Friday, April 23 rd	<u>Marie</u>	<u>Total Body Condition'</u>
Friday, April 30 th	<u>Nicole</u>	<u>Cardio Attack</u>