

Free Fridays – Rec Center Spring 2012 (Aerobics Room)

	<b>1pm</b>	<b>4pm</b>
<b>January 20, 2012</b>	Zumba – Caroline M.	Cardio Kickboxing – Mike M.
<b>January 27, 2012</b>	Zumba - Rachel McK.	Kickboxing - Elise G.
<b>February 3, 2012</b>	Cardioblast – Kara W.	Kickboxing - Elise G.
<b>February 10, 2012</b>	Cardio Kickboxing - Mike M.	Variety - Cassidy and Carly
<b>February 17, 2012</b>	Zumba – Morgan M.	Zumba – Allie B.
<b>February 24, 2012</b>	Zumba – Allie B.	Cardio Kickboxing - Mike M.
<b>March 2, 2012</b>	Zumba – Allie B.	Dance fitness – Nina O.
<b>March 23, 2012</b>	Zumba – Allie B.	Hip Hop Fitness - Amanda T.
<b>March 30, 2012</b>	Zumba – Allie B.	Dance Fitness – Nina O.
<b>April 13, 2012</b>	Zumba – Allie B.	Hip Hop Fitness - Amanda T.
<b>April 20, 2012</b>	Zumba - Rachel McK.	Variety - Carly and Cassidy
<b>April 27, 2012</b>	Zumba – Allie B.	Hip Hop Fitness - Amanda T.
<b>May 4, 2012</b>	Cardioblast - Kara W.	Zumba – Allie B.