

Free Fridays – Rec Plex Spring 2012

	1pm	3pm
January 20, 2012	Cardioblast – Kara W.	
January 27, 2012	Cardio Dance – Alexis H.	Zumba – Nicole G.
February 3, 2012	Zumba – Morgan M.	Zumba – Nicole G.
February 10, 2012	Cardio Dance – Alexis H.	Zumba – Nicole G.
February 17, 2012	Kickboxing – Kara W.	Zumba – Nicole G.
February 24, 2012	Cardio Dance – Alexis H.	Zumba – Nicole G.
March 2, 2012	Cardio Dance – Alexis H.	
March 23, 2012	Kickboxing – Kara W.	Zumba – Nicole G.
March 30, 2012	Step – Kara W.	Zumba – Nicole G.
April 13, 2012	Zumba – Nicole G.	
April 20, 2012	Step – Kara W.	Zumba – Nicole G.
April 27, 2012	Cardio Dance – Alexis H.	Zumba – Nicole G.
May 4, 2012	Cardio Dance – Alexis H.	Zumba – Nicole G.