

LENEXA FAMILY LIFE CENTER
November Group Exercise Schedule
913-307-0291

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:15AM	Cardio Kick Angie	Glutes/Ab Kerine 30 min. class	Pump N Crunch Cardio Angie	Cardio Kick Kerine	Pump N Crunch Cardio Angie	
9:30-10:30 AM						Pump N Crunch Yvonne
10:00-11:00AM		Freemotion Jo				
10:30-11:30AM				Freemotion Jo/Julie		
6-7PM		Cardio Kick Kelsey		Cardio Kick Kelsey		

*****All classes are subject to change.**

*****All participants must be at least 14 years of age.**

*****Try out the Group X classes for “free” on a three day pass.**

*****If you have questions about Group X please contact Angie at 913-307-0291.**

ZUMBA COMING SOON!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!