

Wild'n Out Fitness

October 2020



Mondays 9am Boot Camp (Kari -
No Class October 5th)
530pm Zumba® (Angie)

Tuesdays 1030am Step Aerobics
(Etana) 6pm Zumba® (Carla)

Wednesdays 9am Yoga (Denney)
6pm Zumba® (Amanda)

Thursdays 9am Zumba® (Carla)
1030am Step Aerobics (Etana)

Fridays 9am Boot Camp (Kari)
530pm Zumba® (Angie)

Saturdays 1030am Zumba®
(Angie)

All classes cost \$5. Patrons must register in advance online.

All classes and instructors subject to change without notice.

All classes are 60 minutes unless otherwise specified.

There MUST be at least **4** participants in order for each class to be conducted.

Locations

Fryar Stadium

Estep PFC Parking Lot

Shaw PFC Parking Lot