

SASD FITNESS 2017

January 2nd - May 31st

*Come and experience SASD Wellness FREE fitness classes. **Classes are open to SASD employees and spouses! Register Today! Drop-ins are ALWAYS welcome! Whether you're an avid exerciser or looking to start...there's something for everyone!***

Bootcamp

Mondays
4:30 - 5:30 pm
South High Rm 116/ Instructor: Nikki
*** No Class January 8th*

Yoga

Tuesdays
3:30 - 4:30 pm & 4:30 - 5:30 pm
South High Rm 116 / Instructor: Nikki
(Please Bring a Yoga Mat & Water)

Core Fusion & Strength

Thursdays
5:30 - 6:15 **AM**
North High Gym / Instructor: Sarah
Showers will be Available!
(Please Bring a Yoga Mat & Water)

Zumba ^{***} *(Reduced Fees Apply)*

Wednesdays
4:45 - 5:45 pm
Jackson / Instructor: Penny



Email:

- Nikki Hiebing for BootCamp & Yoga
nhiebing@interrahealth.com
- Sarah Seifert for Core
sseifert@sasd.net
- Penny Willems for Zumba
pwillems@sasd.net