

DONATIONS  
ACCEPTED AT THE  
EVENT OR TODAY AT  
THE FRONT DESK!



OCTOBER 1, 2022

7:00 AM	GROUP CYCLE*	Lara
7:15 AM	BODY ATTACK	Kenra, Melanie
8:00 AM	SPRINT*	Jen, Mindy, Bree P.
8:15 AM	BODYPUMP	Trae, Brooke, Rikki, Tammy, Kenra
8:40 AM	SPRINT*	Catrina, Janae, Jamie
9:25 AM	BARRE^	Michaela
9:30 AM	BODYFLOW	Kathleen, Miriam, Jen
9:30 AM	HIGH FITNESS*	Stefanie
10:40 AM	BODYCOMBAT*	Trae, Michaela, Brooke, Tina, Lincoln, Sarah
10:40 AM	SoulBody RESTORE	Janae, Kathleen
10:45 AM	Silver Sneakers Yoga Stretch	Donna
12:00 PM	HOT YOGA	Lyndsey
12:00 PM	ZUMBA*	McKenzie, Sally, Faith
12:00 PM	GRIT	Catrina, Janae, Tina
1:00 PM	SH'BAM**	Michaela
2:00 PM	SILVER SNEAKERS**	Donna

\*Outdoor class

^ Mind & Body studio

\*\*Outdoor class pending the weather

All classes will be held at Mesa Fitness GJ.  
Please reserve your spot on the app!

In collaboration with



All proceeds from this  
event are donated to

