

# **NWVU Saturday FITNESS Schedule**

## **Leah Love – Certified ZUMBA Instructor**

Apr 14 - 1:00 p.m. - 2:00 p.m.  
May 19 - 10:30 a.m. - 11:30 a.m.  
Jun 9 - 1:00 p.m. - 2:00 p.m.  
Jul 21 - 10:30 a.m. - 11:30 a.m.  
Aug 18 - 10:30 a.m. - 11:30 a.m.  
Sep 8 - 1:00 p.m. - 2:00 p.m.  
Oct 20 - 10:30 a.m. - 11:30 a.m.

## **Dancing Mary - Certified Dance Instructor**

May 12 - 1:00 p.m. - 2:00 p.m.  
Jun 16 - 10:30 a.m. - 11:30 a.m.  
Jul 14 - 1:00 p.m. - 2:00 p.m.  
Aug 11 - 1:00 p.m. - 2:00 p.m.  
Sep 15 - 10:30 a.m. - 11:30 a.m.  
Oct 13 - 1:00 p.m. - 2:00 p.m.  
Nov 10 - 1:00 p.m. - 2:00 p.m.

Sessions are \$5 per person

Complimentary Healthy Snacks and Recipes  
Donated by Advocates for Community Wellness Inc.

Children are welcome at this Center