

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