

August 2011



<u>AUGUST 2011</u>		Who	Location
Monday	5:15 Cardio Body Pump & Step 6:00 Zumba 7:00 Indoor Cycling 7:00 Zumba Toning	Veronica Veronica Kori Veronica	Folk Center
Tuesday	5:15 Cardio Body Pump & Step 6:00 Zumba 7:00 Kickboxing	Veronica Veronica Jami	Folk Center
Thursday	5:15 Cardio Body Pump & Step 6:00 Zumba 7:00 Indoor Cycling 7:00 Drum Beat & Boogie	Veronica Veronica Jami Veronica	Folk Center



Class offerings are subject to change without notice.

Berea Parks & Recreation Department
859-986-9402
www.bereaky.gov
Class Cancellation Line 24/7:859-623-5555

*Fitness, Friends and Fun-Veronica Rosignoli
606-264-0012
Http://www.fitnessfriendsandfun.com*

September 2011



SEPTMBER 2011		Who	Where
Monday	6:00 Kickboxing 7:00 Indoor Cycling 7:00 Step & Strength- (Sept 12th-Oct 19th ONLY)	Jami Jami Cheryl	Folk Center
Tuesday	6:00 Zumba 7:00 Zumba Toning 1 st and 3 rd 7:00 Drum Beat & Boogie 2 nd and 4th 7:30 Boot Camp	Veronica Veronica Veronica	Folk Center
Wednes- day	5:30PM Step & Strength- (Sept 12th-Oct 19th ONLY)	Cheryl	Folk Center
Thursday	6:00 Zumba 7:00 Indoor Cycling 7:00 Yoga for Weight Loss	Veronica Kori Rachel	Folk Center
Saturday	9:00 am Boot Camp 10:00 am Zumba	Veronica Veronica	Church on the Rock



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