



### SATURDAY SWEAT

Sign up and come out for a high impact, tons of fun workout to burn calories and learn new dance moves!

Every Saturday

7:30 a.m. - UB's Wellness Centre

Open to the Public.

INVESTMENT: \$50 (\$5 per class)

### SATURDAY SWEAT SCHEDULE

Dates	Instructors	Training Types
27-Jan-18	Samantha Pratt	African
3-Feb-18	Dianne Gibson	Agility Training
10-Feb-18	Muller Petit	Circuit Training
17-Feb-18	Charles Johnson	Cross Fit
24-Feb-18	Dekel Nesbitt	Total Body Conditioning
3-Mar-18	Patrice Murrell	Zumba
10-Mar-1	Jawara Pierre	Kickboxing Fitness
17-Mar-18	Tanza Thompson	Tabata Circuits
24-Mar-18	Shanika Pinder	Salsa
31-Mar-18	Craig Smith	Yoga

UBFIT Road to Wellness encourages all participants with pre-existing medical conditions to seek medical clearance before beginning any new fitness programme.

