



# Fall Fitness Schedule

Starting October 6, 2010

River Oaks Golf & Athletic Club  
14204 St Andrew Dr  
Grandview, MO 64030  
(816) 966-8111

## Tuesday-Marion

**6:15- Beginning Zumba** Ditch the Workout! Join the Party! Get fit with Zumba, an infusion of Latin & Contemporary Music that creates a dynamic, exciting, and effective cardio fitness system for all fitness levels.

## Wednesday-Jamie

**6:30- Yoga** Features an introduction to popular styles of yoga and basic poses for the beginner.

## Thursday -Marion

**6:15 - Toning Zumba** Get tone with an infusion of Latin & Contemporary Dance/Music that creates an effective toning fitness system for all fitness levels.

## Friday -Beverly

**6:00 - Advanced Zumba** Get fit with an infusion of Latin & Contemporary Dance/Music that creates an effective aerobic/cardio fitness system.

Members:FREE

Non Members: \$2.00 Class or \$20 Punch Card

