



Health & Wellness Ministry

Fall 2018 Fitness Class Schedule

Saturdays beginning at 7:30AM

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|--------------------------------------|---------------------------------|
| September 22 Circuit Training | October 27 Hand Dancing |
| September 29 No Class | November 3 Afro Fit |
| October 6 Line Dancing | November 10 Line Dancing |
| October 13 No Class | November 17 Yoga |
| October 20 Yoga | |

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