

MONDAY 16

9am
Monday AM Stretch
w/ Sadira

10:30am
Zumba Toning
w/ Nannette

1pm
Zumba
w/ Carah

5:30pm
Outdoor Zumba
w/Carah
Bushrod Park
(Oakland, Calif)

6:45pm
In-Person Zumba
w/ Nannette
Hercules Community Center

FRIDAY 20

11am
Core Blast:
Abs+Back
w/ Carah

1pm
Zumba
w/ Carah

TUESDAY 17

11am
Total Body Sculpt
w/ Carah

5:30pm
In-Person
In-person R&B
Line Dancing
w/ Gloria
Hercules Community Center
Hercules, Calif

SATURDAY 21

9am
Outdoor Zumba
MLK Middle School
Berkeley, Calif
w/ Carah

9:30am
In-Person + Zoom
Samba Salsa Sizzle
w/ Nannette
Hercules Community
Center

WEDNESDAY 18

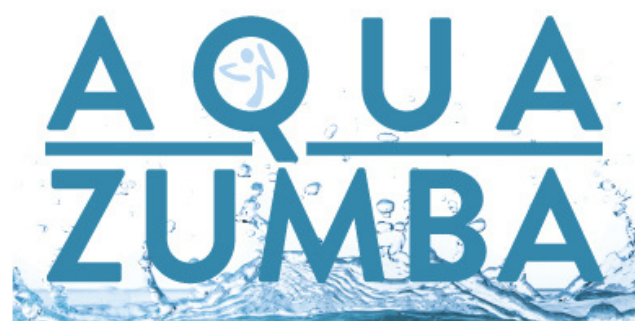
****EARLIER TIME****
9-10am
Zumba Toning
In Person or Zoom
w/ Nannette
Hercules Community Center

7:10pm
Aqua Zumba
w/ Joanne
Hercules Swim Center

SUNDAY



22



w/ Nannette || 11am-Noon
Hercules Swim Center
2001 Refugio Valley Road
Hercules, Calif
May 1-Oct. 16

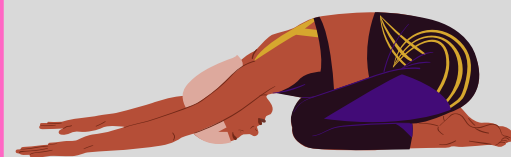
THURSDAY 19

6pm
Zumba
w/ Zach

6:45pm
In-Person
Zumba Toning
w/ Nannette
Hercules Community
Center
Hercules, Calif

**WORKOUT 2U
FITNESS**

MAY 16 - 22, 2022



Book Your Classes @
Workout2U.com

