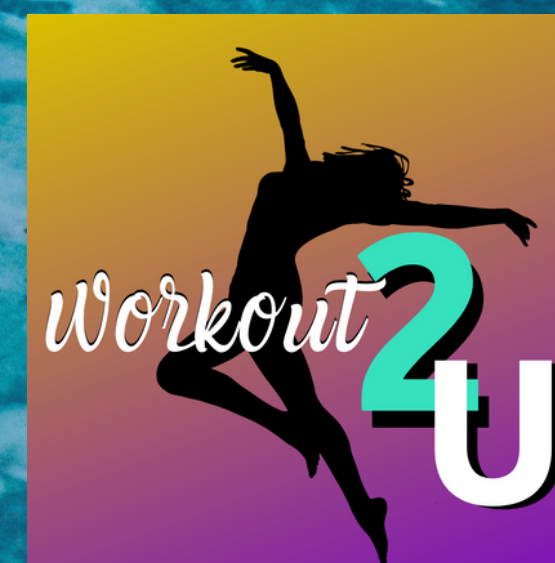


SEPTEMBER 13-19, 2021

WORKOUT2U ONLINE FITNESS



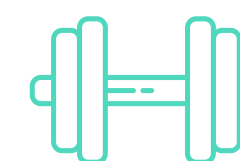
THURSDAY 16

4pm
Aqua Zumba
w/ Nannette
Hercules Swim
Center
\$10/advance

6pm
Zumba
w/Carah

NOTES

Virtual Class: \$7
In Person/ Outdoor
Class: \$10



WEDNESDAY 15

8:15am
Total Body Sculpt
w/ Yazmari

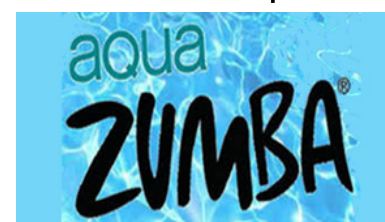
10:30am
Zumba
w/ Nannette
In Person + Zoom
Elite24 Fitness
435 Valley View Rd,
El Sobrante, CA

1pm
Line Dancing
w/ Carah

7pm
Breathe & Stretch
Yoga
w/ Meenakshi

SUNDAY 19

10:45am
Aqua Zumba
w/ Nannette
Pinole Swim Center
Pinole, CA
\$10/advance
\$15/drop-in



TUESDAY 14

9:30am
Cardio Kickboxing
w/ Yazmari

11am
Total Body Sculpt
w/ Carah

4pm
Aqua Zumba
w/ Nannette
Hercules Swim
Center
\$10

SATURDAY 18

10am
Zumba
w/ Zach

11am
Samba Sizzle
w/ Nannette
In Person + Zoom
706 Alfred Noble Drive
Hercules, CA

MONDAY 13

9am
Monday Morning
Stretch
w/ Sadira

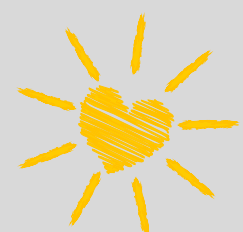
10:30am
Zumba Toning
w/ Nannette
In Person + Zoom
706 Alfred Noble Drive
Hercules, CA

1pm
Zumba
w/ Carah

FRIDAY 17

11am
Core Blast:
Abs+Back
w/ Carah

1pm
Zumba
w/ Carah



Book Your Classes @
workout2u.com

