



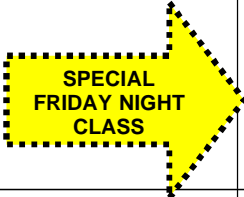
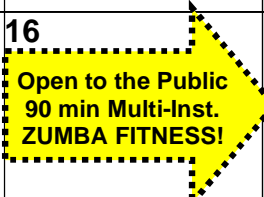
OCTOBER 2015

FITNESS CALENDAR

Class in **RED** will be held at Agogi Martial Arts, 662 S. Main Street, Central Square.

Class in **BLACK** will be held at Brewerton Elementary School.

All Classes Instructed by
Jamie Schirtz

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9/27	9/28 9:15am ZUMBA 4:45pm BOOTCAMP @ Agogi Martial Arts 6:15pm ZUMBA @Brewerton Elem. School	9/29	9/30 9:15am ZUMBA TONING @ Agogi Martial Arts 6:15pm TABATA BOOTCAMP @Brewerton Elem. School		10/2 6:15pm CIZE LIVE @Brewerton Elem. School	10/3 Sorry, No Class.
4	5 9:15am ZUMBA 4:45pm BOOTCAMP @ Agogi Martial Arts 6:15pm ZUMBA @Brewerton Elem. School	6	7 9:15am ZUMBA TONING @ Agogi Martial Arts 6:15pm TABATA BOOTCAMP @Brewerton Elem. School	8	9	10 8:30am PiYo® LIVE** 9:35am CIZE LIVE @Brewerton Elem. School **Please BYO yoga mat
11	12 Columbus Day 9:15am ZUMBA 4:45pm BOOTCAMP 6:15pm ZUMBA <u>ALL at Agogi Martial Arts</u>	13	14 9:15am ZUMBA TONING @ Agogi Martial Arts 6:15pm TABATA BOOTCAMP @Brewerton Elem. School	15		17 Open to the Public 9:30 - 11am ZUMBA FITNESS w/ AAF Crew @Brewerton Elementary \$8 presale (\$9 online) or \$12 at the door
18	19 9:15am ZUMBA 4:45pm BOOTCAMP @ Agogi Martial Arts 6:15pm ZUMBA @Brewerton Elem. School	20	21 9:15am ZUMBA TONING @ Agogi Martial Arts 6:15pm TABATA BOOTCAMP @Brewerton Elem. School	22	23	24 8:30am JUST STEP* 9:35am CIZE LIVE @Brewerton Elem. School *Steps are limited. Reserve your step in advance.
25	26 9:15am ZUMBA 4:45pm BOOTCAMP @ Agogi Martial Arts 6:15pm ZUMBA @Brewerton Elem. School	27	28 9:15am ZUMBA TONING @ Agogi Martial Arts 6:15pm TABATA BOOTCAMP @Brewerton Elem. School	REGULAR CLASS PRICES: Single Class Drop-In: \$6 5 class pre-paid punchcard: \$25 10 class pre-paid punchcard: \$50		31 8:30am PiYo® LIVE** 9:35am ZUMBA @Brewerton Elem. School **Please BYO yoga mat

Contact Us:

For Fitness Class Information contact Jamie Schirtz, **315-396-6630** or email aafitcrew@gmail.com.

For Dojo, Cardio Kickboxing and Karate Information contact Sensei Webster, **315-575-7406**.

***The location for Agogi Martial Arts is 662 South Main Street, Central Square. We are located in the Central Plaza right after Quinto's Pizza.