30 Days To Lose It!
SEASON 10 Agenda

JANUARY 2020 – Set It Off!
7:30 P.M. Weekly Workout: Kickboxing (Dr. Velonda Anderson, V J Enterprises, LLC)
*NO SESSION JANUARY 7

FEBRUARY 2020 – Keep It Movin’!
7:30 P.M. Weekly Workout: Total Body Circuit Training (Keiwana Walton, The Vibe Ride)

MARCH 2020 – Empowerment!
7:30 P.M. Weekly Workout: Body Toning (Verlycia Dixon, LA Fitness) ***Please bring small weights!!

APRIL 2020 – Work That Stamina!
7:30 P.M. Weekly Workout: Zumba (Marius Padieu, Detroit Zumba All Stars)

MAY 2020 – Power Up!
7:30 P.M. Weekly Workout: Exercise Combo with Drum Fitness (Yvonne Price, LA Fitness)
*NO SESSION MAY 25

JUNE 2020 – Celebrate Black Music!
7:30 P.M. Weekly Workout:
- To Gospel rhythms on June 2 (Thomasenia Johnson, Two Left Feet)
- To R&B/Soul rhythms on June 9 (Thomasenia Johnson, Two Left Feet)
- To Afro Latin rhythms on June 16 (TBA)
- To Jazz/Blues rhythms on June 23 (TBA)
- *NO SESSION JUNE 30

JULY 2020 – Endurance!
7:30 P.M. Weekly Workout: Upper/Lower Body Conditioning (Tiffany Hughes, Professionally Fit)

AUGUST 2020 – The Grand Finale!
Join us for workouts during the 38th annual African World Festival, courtesy of The Cobb Institute. Stay tuned for details

Before Beginning Any Exercise Program, An Individual Should First Consult With A Physician Or Other Healthcare Provider