

# Aerobics Schedule

All classes free with membership  
\$5 drop in fee for non members

Effective January 2nd

## Monday

|          |                              |         |                  |
|----------|------------------------------|---------|------------------|
| 5:45AM   | Modern Day Warrior           | 4:30 PM | Mixed Level Yoga |
| 8:30AM   | Barbell                      | 5:30 PM | Interval Step    |
| 9:30 AM  | TNT 20/20/20                 | 6:00 PM | Zumba (Gym)      |
| 10:30 AM | Zumba                        | 6:30 PM | Mix It Up        |
| 12:15 PM | Silversneakers Classic (Gym) | 6:30 PM | Spinning         |

## Tuesday

|          |                  |          |                              |
|----------|------------------|----------|------------------------------|
| 6:00 AM  | Kettlebell AMPD  | 12:15 PM | Silversneakers Classic (Gym) |
| 8:30 AM  | Fit + Firm       | 4:30 PM  | Tone, Sculpt Fit             |
| 9:30 AM  | Weights & Cardio | 5:30 PM  | Zumba (Gym)                  |
| 9:30 AM  | Spinning         | 6:30 PM  | Spinning                     |
| 11:00 AM | Yogilates        |          |                              |

## Wednesday

|          |                     |         |                  |
|----------|---------------------|---------|------------------|
| 6:00AM   | Modern Day Warrior  |         |                  |
| 8:30 AM  | PiYo                | 1:00PM  | Zumba Gold       |
| 9:30 AM  | Cardio Party        | 4:30 PM | Mixed Level Yoga |
| 10:30 AM | Ab-Lab 15 min       | 5:30 PM | Interval Step    |
| 12:00 PM | Silversneakers Yoga | 6:30 PM | Toning           |

## Thursday

|          |                |          |                              |
|----------|----------------|----------|------------------------------|
| 6:00 AM  | Sunrise Yoga   | 12:15 PM | Silversneakers Classic (Gym) |
| 8:30 AM  | Fitness Fusion | 5:30 PM  | Spinning                     |
| 9:30 AM  | Barbell        | 6:00 PM  | Power Hour (Gym)             |
| 9:30 AM  | Spinning       |          |                              |
| 11:00 AM | Yogilates      |          |                              |

## Friday

|          |                  |         |                      |
|----------|------------------|---------|----------------------|
| 8:30 AM  | Kickboxing (Gym) | 1:00 PM | Silver Sneakers Yoga |
| 9:30 AM  | Zumba            | 5:30 PM | Zumba                |
| 10:30AM  | Country Fusion   |         |                      |
| 11:45 AM | Zumba Gold       |         |                      |

## Saturday

|         |           |          |       |
|---------|-----------|----------|-------|
| 8:00 AM | Spinning  | 10:30 AM | Zumba |
| 9:15 AM | Mix it Up |          |       |

## Sunday

|          |          |  |  |
|----------|----------|--|--|
| 10:15 AM | Spinning |  |  |
|----------|----------|--|--|