

# Aerobics Schedule

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

Effective October 20th

## 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	Body Toning	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	1:00 PM	Zumba Gold
8:30AM	Country Heat	4:30 PM	Mixed Level Yoga
9:30 AM	Cardio Party	5:30 PM	Interval Step
10:30 AM	Ab-Lab 15 min	6:30 PM	Toning
12:00 PM	Silversneakers Yoga	6:30 PM	Spinning

## 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	5:30 PM	Power Hour (Gym)
9:30 AM	Spinning		
11:00 AM	Yogilates		

## Friday

8:30 AM	Kickboxing		
9:30 AM	Zumba	1:00 PM	Silver Sneakers Yoga
10:30AM	Country Fusion	5:30 PM	Zumba
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		
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