



Effective January 1st

Aerobics Schedule

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

Monday

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

Tuesday

6:00 AM	Kettlebell AMPD	12:15 PM	Silversneakers Classic (Gym)
8:30 AM	Body Toning Weights & Cardio	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	7:00 PM	Kickboxing (Jan-March)

Wednesday

6:00AM	Modern Day Warrior	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
1:00 PM	Zumba Gold		

Thursday

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

Friday

6:00 AM	Spark It	11:45 AM	Zumba Gold
8:30 AM	Kickboxing	1:00 PM	Silver Sneakers Yoga
9:30 AM	Zumba (45 minutes)	5:30 PM	Zumba
10:30 AM	La Blast		

Saturday

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

Sunday

10:15 AM	Spinning
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