

APRIL AEROBICS SCHEDULE

PLEASE BRING YOUR OWN EXERCISE MAT - SEE YOU THERE!

MON-

8AM - FUNCTIONAL MOBILITY (30MIN) - VI - AEROBICS ROOM
 9AM - STRENGTH AND CARDIO - VI - GYM
 10:00AM - ZUMBA GOLD- CATHY P. (45MIN) - AEROBICS ROOM
 11:00AM - YOGA - DONNA P. - AEROBICS ROOM
 5:30PM - "STEP" IT UP! - DOREEN - AEROBICS ROOM
 6PM-SPIN - KELLY *** - SPIN ROOM
 6:30PM - YOGA - DONNA Y. - AEROBICS ROOM

TUE-

8AM - SILVER SNEAKERS CLASSIC - CATHY P. -AEROBICS ROOM
 9:00AM - KICKBOXING - ANNE MARIE - GYM
 9:30AM - SPIN- DEB *** - SPIN ROOM
 10:30AM - FIT AND FIRM - KATHY G. - AEROBICS ROOM
 11:30AM - SILVER SNEAKERS CLASSIC - CATHY P. - GYM
 5:30PM - STRENGTH AND CARDIO - VI - AEROBICS ROOM
 6:30PM - BARRE - TRACI - AEROBICS ROOM

WED-

8AM - SPIN - JENNIFER/DEBBIE C. *** - SPIN ROOM
 9AM - MAX FIT MIX - ANNE MARIE - GYM
 9AM - CHAIR YOGA - CATHY P. *** - AEROBICS ROOM
 11AM - YOGA - DONNA P. - AEROBICS ROOM
 5:30PM - BODY SCULPT - AEROBICS ROOM
 SONYA - 4/1 VI - 4/8 SONYA - 4/15 VI - 4/22 SONYA - 4/29
 6:00PM - SPIN - CATHY P. *** - SPIN ROOM
 6:30PM - ZUMBA - GINA - AEROBICS ROOM

THUR-

8AM - ZUMBA GOLD & WEIGHTS - CATHY P. - AEROBICS ROOM
 9AM - 20/20/20 - DEB - GYM
 11:30AM - SILVER SNEAKERS CLASSIC - CATHY P. - GYM
 5:30PM - "STEP" IT UP! - DOREEN - AEROBICS ROOM
 6:30PM - STRENGTH TRAINING - JENNIFER - AEROBICS ROOM

FRI-

8AM - FUNCTIONAL MOBILITY (30MIN) - VI - AEROBICS ROOM
 8:30AM - ZUMBA - GINA - AEROBICS ROOM
 9AM - SPIN - CATHY P./VI *** - SPIN ROOM
 9:30AM - POUND (45 MIN) - JACKIE/DEB - AEROBICS ROOM (NO CLASS 4/3)
 10:30AM - STRENGTH TRAINING - KATHY G. - AEROBICS ROOM
 10:15AM - CHAIR YOGA - CATHY P.*** -FRONT ROOM
 11:30AM - SILVER SNEAKERS CLASSIC - CATHY P. - GYM

SAT-

7AM - SPIN - SARAH *** - SPIN ROOM
 8:00AM - BODY FUSION - AEROBICS ROOM
 JENNIFER - 4/4 VI - 4/11 JENNIFER - 4/18 VI - 4/25
 9:30AM - ZUMBA- AEROBICS ROOM
 SONYA - 4/4 LISA - 4/11 SONYA - 4/18 LISA - 4/25

SUN-
 (CLOSED 4/5)

10:15AM - SPIN - CATHY P. *** - SPIN ROOM

PLEASE CALL 2 DAYS IN ADVANCE FOR ***
 CLASSES
 610-332-1900

