

-August 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
 9:15AM - KICKBOXING - ANNE MARIE - AEROBICS ROOM
 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*** - 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 - 8/5 SONYA - 8/12 VI - 8/19 VI - 8/26
 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
 10:30AM - STRENGTH TRAINING - KATHY G. - AEROBICS ROOM
 11:30AM - SILVER SNEAKERS CLASSIC - CATHY P. - GYM

SAT-

7AM - SPIN - SARAH *** - SPIN ROOM
 8AM - BODY FUSION - AEROBICS ROOM
 ANNE MARIE - 8/1 VI - 8/8 JENNIFER - 8/15 JENNIFER - 8/22 VI - 8/29
 9:30AM - ZUMBA - AEROBICS ROOM
 LISA - 8/1 DONNA Y. - 8/8 LISA - 8/15 GINA - 8/22 GINA - 8/29

SUN-

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

PLEASE CALL 2 DAYS IN ADVANCE FOR *** CLASSES

610-332-1900