

# JUNE 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 (NO CLASS 6/15)  
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  
VI - 6/3                      VI - 6/10                      SONYA - 6/17                      JENNIFER - 6/24  
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  
JENNIFER - 6/6                      VI - 6/13                      VI - 6/20                      JENNIFER - 6/27  
9:30AM - ZUMBA - AEROBICS ROOM  
GINA - 6/6                      LISA - 6/13                      GINA - 6/20                      LISA - 6/27

SUN-

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

PLEASE CALL 2 DAYS IN ADVANCE FOR \*\*\* CLASSES

610-332-1900