MARCH 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 ** -** *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 - 3/4 ***VI - 3/11*** ***VI - 3/18*** ***SONYA - 3/25***
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*
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 - 3/7 ***VI - 3/14*** ***KATHY G. - 3/21*** ***JENNIFER - 3/28***
9:30AM- ZUMBA- *AEROBICS ROOM*
SONYA - 3/7 ***LISA- 3/14*** ***LISA - 3/21*** ***SONYA - 3/28***

SUN-

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

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