

NOVEMBER AEROBICS SCHEDULE

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 (CLAUDIA SUB 11/10 AND 11/12)
 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
 9:00 AM-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-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-11/5 VI-11/12 SONYA-11/19 VI-11/26
 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- POUND (45MIN)- JACKIE/DEB- AEROBICS ROOM (NOVEMBER ONLY)



FRI-

8AM-FUNCTIONAL MOBILITY (30MIN)- VI - AEROBICS ROOM (NO CLASS 11/28)
 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
 ADRI-11/1 JANELLE-11/08 VI-10/15 JANELLE-11/22 JANELLE- 11/29
 9:30AM- ZUMBA- AEROBICS ROOM
 SONYA-11/01 LISA-11/8 LISA-11/15 SONYA-11/22 LISA-11/29

SUN-

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

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