

-September Aerobics Schedule-

PLEASE BRING YOUR OWN EXERCISE MAT - SEE YOU THERE!

MON-
NO
CLASSES
9/7

8AM - FUNCTIONAL MOBILITY (30MIN) - VI - AEROBICS ROOM
9AM - STRENGTH AND CARDIO - VI - GYM
10AM - ZUMBA GOLD- CATHY P. (45MIN) - AEROBICS ROOM
11AM - YOGA - DONNA P. - AEROBICS ROOM
5:30 PM - "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 - 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
VI - 9/2 SONYA - 9/9 VI - 9/16 SONYA - 9/23 SONYA - 9/30
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
10:15AM - CHAIR YOGA - CATHY P. - *** - FRONT ROOM (BEGINS SEPT 11TH)
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 - 9/5 VI - 9/12 VI - 9/19 JENNIFER- 9/26
9:30AM- ZUMBA- AEROBICS ROOM
GINA - 9/5 LISA - 9/12 GINA - 9/19 LISA - 9/26



SUN-

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

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