

SEPTEMBER AEROBICS SCHEDULE

MON-

(NO CLASSES 9/1)
LABOR DAY

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
9:00 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
VI-9/3 SONYA-9/10 VI-9/17 SONYA-9/24
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

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
JANELLE 9/6 JANELLE 9/3 JANELLE 9/20 VI 9/27
9:30AM- ZUMBA- AEROBICS ROOM
SONYA-9/6 SONYA-9/13 LISA-9/20 LISA-9/27

SUN-

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

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