

FEBRUARY 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
VI - 2/4 SONYA - 2/11 VI - 2/18 SONYA - 2/25
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 - 2/7 VI - 2/14 VI - 2/21 JENNIFER - 2/28
9:30AM- ZUMBA- AEROBICS ROOM
SONYA - 2/7 STACY - 2/14 STACY - 2/21 SONYA - 2/28

SUN-

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

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