

# -MAY AEROBICS SCHEDULE-

PLEASE BRING YOUR OWN EXERCISE MAT - SEE YOU THERE!

MON-  
NO CLASSES  
5/25

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 - 5/6                      VI - 5/13                      SONYA - 5/20                      VI - 5/27  
 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  
                     VI - 5/2                      VI - 5/9                      JENNIFER - 5/16                      VI - 5/23                      JENNIFER - 5/30  
 9:30AM- ZUMBA- AEROBICS ROOM  
                     GINA - 5/2                      LISA - 5/9                      GINA - 5/16                      LISA - 5/23                      GINA - 5/30

SUN-

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

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