

OCTOBER 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
 5:30PM- "STEP" IT UP!- DOREEN- AEROBICS ROOM
 6PM-SPIN- KELLY *** - SPIN ROOM
 6:30PM-YOGA- DONNA Y. -AEROBICS ROOM (10/13 VI SUB FUNCTIONAL MOBILITY))

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 (10/1 KIM SUB)
 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-10/1 VI-10/8 SONYA-10/15 VI-10/22 VI-10/29
 6:00PM-SPIN- CATHY P. *** - SPIN ROOM
 6:30PM- ZUMBA- GINA - AEROBICS ROOM

THUR-

8AM-ZUMBA GOLD & WEIGHTS- CATHY P.- AEROBICS ROOM (10/9 STACY SUB)
 9AM- 20/20/20- DEB- GYM
 11:30AM- SILVER SNEAKERS CLASSIC- CATHY P. - GYM (10/9 DONNA Y. SUB)
 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 (NO CLASS 10/3 AND 10/17)
 11:30AM- SILVER SNEAKERS CLASSIC- CATHY P.- GYM (10/3 DONNA Y. SUB)

SAT-

7AM-SPIN- SARAH *** - SPIN ROOM
 8:00AM- - BODY FUSION - AEROBICS ROOM
 JANELLE-10/4 VI-10/11 JANELLE-10/18 JANELLE-10/25
 9:30AM- ZUMBA- AEROBICS ROOM
 SONYA-10/4 SONYA-10/11 LISA-10/18 LISA-10/25

SUN-

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

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