

Aerobic Schedule

Special Notes

Drop in for Aerobic Class \$10 or 10 classes for \$60 Minimum 5 people for All Classes, Click below to print

 Your Local Gym					
Aerobics Schedule September 2019!!! Drop in \$10					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core/Tone/Stretch Jamie 5-6am full body workout!		Spinning 30 Min Weights 30 min Jamie 5-6am		Spinning 30 min Weights 30 min Katrina 5-6am	Spinning Trish 7-7:45am
Pilates Stretch Christine 8:30-9:30am		Pilates 8:30-9:30 Christine		Pilates Stretch Christine 8:30-9:30am	Yoga Stretch 8-9am Bonnie
Zumba Dance! 9:30-10:30am Enma	Fit over 50! Cardio Sculpt! Lesslee 9:30-10:30am		Fit over 50! Cardio Sculpt! Lesslee 9:30-10:30am		**Surprise class! 9:15-10:15am Heidi (min. 10!)
Spin Intervals Tabata! Heidi 12-12:45pm	Boot Camp Weights! Heidi 12-12:45pm	Spin Endurance Heidi 12-12:45pm	Stretch it OUT! Full Body Stretch Heidi 12-12:45pm	Spin Endurance! Heidi 12-12:45pm	
*Spin Interval! 5-6pm Trish 45 min spin	Tabata HIIT! Heidi 5-6:15pm (Cardio/Weights!)	Spinning w/ Zumba Dance! Enma/Heidi 5-6pm NEW:NEW:NEW!	Tabata HIIT! Heidi 5:00-6:15pm (45 min spin/30stretch)	Kickboxing 5-6pm Steve (all levels!)	
Kickboxing 5-6pm Steve <hr/> Yoga Flow Bonnie 6-7pm	Zumba Dance! 6:15-7:15pm Kristin	Kickboxing 5-6pm Steve <hr/> Power Yoga Bonnie 6-7pm	Strong! Zumba Fitness! 6:15pm-7:15pm Kristin		\$10 drop in for all classes! 10 visits for \$60 **sign up!!

Drop in for class only \$10 Punch card 10 visits for \$60

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