

Aerobic Schedule



Aerobics Schedule December 2018!!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABS/GLUTES/STRETCH Raya 5-6am	Spin/Tone Katrina 5-6am	PIYO 5-6am Raya	Spinning Raya 5-6am	Let's Lift Weights! Raya 5-6am	
Pilates Christine 8:30-9:30am				NEW CLASS Ballet Barre Class Christine 8:30-9:30am	Yoga Stretch 8-9am Bonnie
Fit over 50! Firm it UP!! 9:30-10:30am Heidi	Fit over 50! Cardio Sculpt! Leslee 9:30-10:30am	NEW TIME!! Ballet BARRE Class Leslee 9:30-10:30am	Fit over 50! Cardio Sculpt! Leslee 9:30-10:30am	NEW TIME! Pilates Stretch Christine 9:30-10:30am	Spinning Jamie 9:15-10am
Spin Endurance! Heidi 12-12:45pm	Lets Lift Weights Weights & Cardio Heidi 12-12:45pm	Spin/Tone Heidi 12-12:45pm	Lets Lift Weights Heidi 12-12:45pm	Zumba Dance! Enma 10:30-11:30am	
*Spin/Weights 5-6pm Jamie	*Let's Lift Weights Heidi 4:30-5pm 5pm-5:30pm (2 sessions)	½ hour Full Body Workout! Steve 4:30-5pm	Firm It UP! Weight's and Toning! Jamie 5:15-6:15pm	Spinning Endurance Heidi 12-12:45pm	
Kickboxing 5-6pm Steve	Zumba Dance! 6:15-7:15 Kristin/Enma	Kickboxing 5-6pm Steve		Kickboxing 5-6pm Steve	
NEW! Yoga Flow Bonnie 6-7pm		Power Yoga Bonnie 6-7pm	Strong! Zumba!! Kristin/Enma 6:15-7:15pm		

Special Notes

Drop in for Aerobic Class \$8 or 10 classes for \$60 Minimum 5 people for All Classes, Click below to print

<<	Dec 2018						>>
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
26	27	28	29	30	1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	1	2	3	4	5	6	

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