

AEROBICS STUDIO SCHEDULE – Winter, begins March 1, 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	SilverSneakers2	Aerofit	Pilates		Pilates		
9:00 am	Nancy	Donna	Nancy	Pilates	Nancy		
9:15am	Cardio Pump**	Zumba	Ball &	9:00 Judy	Aerofit		
9:30am	Kathy	Trina	Bar Strength		Donna	StepAerobics	
10:00am	Stability Ball	BodySculpt	Donna	SilverSneakers2	Stability Ball	Robyn	
	Donna	10:15 -Judy		Nancy	Donna	All Abs	
11:05am	SilverSneakers	SS YogaStretch	SilverSneakers		SilverSneakers	BodySculpt	
	Pat & Donna	11:05 - Judy	Pat & Donna		Pat & Donna	10:30 - Karin	
12:00pm					Power Yoga	Cardio Core	Zumba+Toning
					12:10 -MaryAnn	11:30-Stephanie	2:00 – Trina
1:00 pm		SilverSneakers				Double Dutch 1-4	
		Donna					

5:30pm	Gentle Yoga	Aerofit	Gentle Yoga	Stretching			
	5:15 pm - Janet	Carrie	5:15 pm - Janet	Carrie	Zumba		
6:15pm	Zumba	Hip Hop Dance	Zumba	Stability Ball	5:45-Trina		
	Trina	***Darin	Trina	Carrie			
7:00pm	Pilates	Power Yoga	Cardio Core	StepAerobics			
7:15pm	Judy	MaryAnn	Stephanie	Kecia			
7:45pm	BodySculpt		BodySculpt	BodySculpt			
	Pat		Pat	Karin			

Token is required for MWF 11:05 am SilverSneakers. Maximum 40.
Token is required for Zumba classes. Maximum 32.

****Wednesday Cardio Pump is held in the gym from 9:15 -10:00 am with Kathy.**

*****Hip Hop will begin March 9, 2010.**

