

WINTER 2009-10 AEROBICS SCHEDULE

All classes below are free to members and held in the lower level aerobics room unless noted otherwise.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30 30/30 Jamie	5:30-6:30 Cardio Super Sculpt Jamie	5:30-6:30 30/30 Jamie	5:30-6:30 Cardio Super Sculpt Jamie	5:30-6:30 30/30 Jamie	
	7:30-8:30 Low Impact Aerobics Vicki/Jean	7:30-8:30 Low Impact Aerobics Vicki/Jean	7:30-8:30 Low Impact Aerobics Vicki/Jean	7:30-8:30 Low Impact Aerobics Vicki/Jean	7:30-8:30 Low Impact Aerobics Vicki/Jean	
	9:00-9:45 Variety Step April	8:45-9:45 Hi/Low Option Aerobics Lesa	9:00-9:45 Variety Step April	8:45-9:45 Hi/Low Option Aerobics Lesa	9:00-9:45 Variety Step April	9:00-10:00 Hi/Low Option Aerobics April/Jean
	10:00-10:45 Body Tone April	9:45-10:15 Body Tone Lesa	10:00-10:45 Body Tone April	9:45-10:15 Body Tone Lesa	10:00-10:45 Body Tone April	10:00-10:45 Body Tone April/Jean
		10:30-11:30 Body Boot Camp Carrie		10:30-11:30 Body Boot Camp Carrie		
2:30-3:15 Hi/Low Option April	11:30-12:30 Pilates Express Emery	11:30-12:30 Yoga Express Marie	11:30-12:30 Pilates Express Emery	11:30-12:30 Yoga Express Marie	11:30-12:30 Yogilates Marie	
3:15-3:45 Body Tone April						
	5:00-5:45 Aerobic Interval Mix Brenda G	4:25-5:25 Cardio Kickboxing Sonya	5:00-5:45 Aerobic Interval Mix Brenda G	4:25-5:25 Cardio Kickboxing Sonya		
		5:25-5:55 Totally Toning Sonya		5:25-5:55 Totally Toning Sonya		
	6:00-7:15 Step & Tone Interval Carrie	6:00-7:15 Classic Step & Tone Carrie	6:00-7:15 Cardio Sculpting Marie	6:00-7:15 Rock Bottom Interval Patty	6:00-7:15 Step & Tone Interval Carrie	Updated 11/24/09

Schedule is subject to change depending on class attendance and instructor availability.