

AEROBICS

November 16, 2009 - January 3, 2010

Several Classes May Not Meet During Christmas Break & Will Be Posted

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	SPINNING® Dianne		SPINNING® Dianne			
5:45 AM	SUNRISE PILATES (AS) Bruce/Jeff				SUNRISE PILATES (AS) Bruce/Jeff	
8:15 AM	BALANCED BASICS (AS) Dianne	SPINNING® Patrick ----- BODY FLEX (AS) Joanna	BALANCED BASICS (AS) Dianne	SPINNING® Patrick ----- BODY FLEX (AS) Joanna	SPINNING® Wyatt ----- BALANCED BASICS (AS) Dianne	SPINNING® Amy
9:00 AM	PILATES (MP) Emily	BODY SCULPT (AS) Laurie	PILATES (MP) Emily	BODY SCULPT (AS) Laurie		SUPER STEP (AS) David
10:00 AM		ZUMBA Teresa		ZUMBA Teresa		
10:30 AM						SPINNING® Karen
11:30 AM						CORE FIT (AS) Karen
3:15 PM	SPINNING® Joanna		SPINNING® Joanna			
4:30 PM	ZUMBA Teresa	CARDIO HIP HOP (AS) Laurie	ZUMBA Teresa	CARDIO HIP HOP (AS) Laurie		
5:30 PM	SUPER STEP (AS) David	STEP & SCULPT (AS) Jennifer ----- PILATES (EC) Laurie	SUPER STEP (AS) David	STEP & KICK (AS) David ----- PILATES (EC) Laurie	CARDIO MUSCLE MIX (AS) McKenzie	(AS) Aerobics Studio: 2nd Floor (MP) Multi-Purpose Room: 2nd Floor (EC) Education Classroom: 1st Floor Spinning is located in the Spinning Room; Zumba in the Aerobics Studio Class Descriptions & Policies Located on the Back
5:45 PM	SPINNING® Joey	SPINNING® Pam	SPINNING® Valerie	SPINNING® Joey		
6:00 PM		BODY SCULPT (MP) Emily		BODY SCULPT (MP) Karen		
6:30 PM	CORE FIT (AS) David	CORE FIT (AS) Jennifer ----- POWER YOGA (EC) Jack	CORE FIT (AS) David	CORE FIT (AS) David ----- POWER YOGA (EC) Jack		
7:00 PM	BOOT CAMP (AS) McKenzie	ZUMBA Teresa		CARDIO SALSA (AS) Andrew		