



# Aerobics Room Class Schedule

Revised 6/19/2017

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Monday

8:00-9:00am- Monday Mix (Sherri)  
 9:00-10:00am- Power Pilates (Heather)  
**9:00-10:00am- Water Aerobics (Carolyn) @ Pool**  
 10:00-11:00am Yoga (Gale)  
 10:00-11:00am- Zumba Gold® [IN GYM] (Beth)  
 11:00-12:00pm-Silver Sneakers® Circuit (Carolyn)  
 12:00-1:30pm- Rock Steady Boxing® Lynn, Amy, Joe, Sherri & Carolyn  
 4:30-5:15pm-Functional Fitness (Bonita)  
**4:30-5:30pm- Water Aerobics (Jenny) @ Pool**  
 5:30-6:30pm-Zumba® (Randi)  
**5:30-6:15pm-Water Aerobics (Carolyn)**

## Tuesday

5:00-5:45am- Body Fusion (Shelia)  
 8:00-8:30am- COREWORXS (Amy)  
 8:30-9:30am- Zumba® (Amy)  
**9:00-10:00am- Water Aerobics (Carolyn) @ Pool**  
 9:30-10:30am- Silver Sneakers® Classic (Jenny)  
 4:00-4:30pm-Pilates (Bonita)  
 4:30-5:00pm- Cardio Crush (Bonita)  
**4:30-5:30pm- Water Aerobics (Jenny) @ Pool**  
 5:00-6:00pm-Cardio Sculpt (Debbie)  
**6:00-7:00am- Zumba®- (Michaela)**

## Wednesday

8:30-9:30am- Cardio Strong (Lynn)  
 10:00-11:00am- Yoga (Gale)  
**9:00-10:00am- Water Aerobics (Carolyn) @ Pool**  
 12:00-1:30pm- Rock Steady Boxing® Lynn, Amy, Joe, Sherri & Carolyn  
**4:30-5:30pm- Water Aerobics (Jenny) @ Pool**  
**5:15-6:15pm- Circuit & Cycling (Sherri)**  
 6:15-7:15pm- Zumba® (Maggie)

## Thursday

5:00-5:45am- Body Fusion (Shelia)  
 8:00-8:45am- COREWORKS (Sherri)  
 8:45-9:30am- Zumba®- (Michaela)  
**9:00-10:00am- Water Aerobics (Carolyn) @ Pool**  
 9:30-10:30am- Silver Sneakers® Classic (Jenny)  
 4:30-5:15pm-Let's Get Ripped (Bonita)  
**4:30-5:30pm- Water Aerobics (Jenny) @ Pool**  
 5:30-6:30pm- Zumba® (Randi)  
 6:30-7:30pm- Yoga (Amanda)

## Friday

8:00-8:30am- Piyo (Beth)  
 8:30-9:30am- Muscle Pump (Lynn)  
 10:00-11:00am- Yoga (Gale)  
 11:00-12:00pm- Silver Sneakers® Circuit (Jenny)  
 12:00-1:30pm- Rock Steady Boxing® Lynn, Amy, Joe, Sherri & Carolyn

## Saturday

8:00-9:00-Power Pilates (Heather)  
 9:00-10:00am- Boot Camp (Carolyn)  
 10:00-11:00am- Slow Flo Yoga (Amanda)  
 11:00-12:00pm- Zumba® (Randi & Belinda)

## Sunday

3:00-4:00pm- Zumba® (Randi & Belinda)