



Aerobics Room Class Schedule

Revised 7/11/2017

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
5:30-6:15pm-Water Aerobics (Carolyn)
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)