

Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00a.m. Hardcore		5:00-6:00a.m. Hardcore			
	5:30-6:15a.m. Vicious Cycle Aerobics B <i>Trish</i>		5:30-6:15a.m. Vicious Cycle Aerobics B <i>Trish</i>		
8:00-8:45a.m. Body Training Room A <i>Marti</i>	8:00-9:00a.m. Tone It Back Room A <i>Lisa</i>	8:00-8:45a.m. Body Training Room A <i>Marti</i>	9:00-10:00a.m. Yoga Dance Room <i>Theresa</i>	8:30-9:00a.m. Cycle Aerobic B <i>Lisa</i>	9:30-10:15a.m. Vicious Cycle Aerobics B <i>Trish</i>
	9:10-10:10a.m. Body Pump Room A <i>Lisa</i>	9:00-10:00a.m. RPM Spin Aerobics B <i>Lisa</i>	8:00-9:00a.m. Tone It Back Room A <i>Lisa</i>	9:00-10:00a.m. RPM Spin Aerobics B <i>Lisa</i>	9:00-10:00a.m. Cardio Kick Room A <i>Matt</i>
9:15-10:15a.m. Yoga Room A <i>Mindy</i>	8:45-9:15a.m. Cycle Aerobic B <i>Lori</i>	9:15-10:15a.m. Yoga Room A <i>Penny</i>	9:10-10:10a.m. Body Pump Room A <i>Lisa</i>	10:15-11:15a.m. Tai Chi Dance Room <i>Betsy</i>	10:00-11:00p.m. Zumba Dance Room <i>Matt</i>
10:15-11:15a.m. Tai Chi Dance Room <i>Betsy</i>	9:15-10:15a.m. Yoga Dance Room <i>Samantha</i>			9:15-10:00a.m. Yoga Room A <i>Penny</i>	
5:00-6:00pm Yoga - Penny Dance Room	5:00-6:00p.m. Zumba Dance Room <i>Robyn.</i>	5:00-5:30pm Kinetic Kardio Room A <i>Kendra</i>	5:30-6:30p.m. Yoga Dance Room <i>Samantha</i>		
5:00-5:30p.m. Kinetic Kardio Kendra Room A					
5:45-6:45p.m. Body Pump Room A <i>Gina</i>	5:30-6:30p.m. RPM Spin Aerobics B <i>Gina</i>	5:45-6:45p.m. Body Pump Room A <i>Gina</i>	5:30-6:30p.m. RPM Spin Aerobics B <i>Gina</i>		revised 10/29/17
6:00-7:00p.m. Groov3 Dance Room <i>Matt</i>			**All visitors must sign in at front desk.** Children under 18 years of age must have parent present to sign them in at front desk.		