

AEROBIC FITNESS CLASS SCHEDULE

AEROBIC STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Step Aerobics 5:30-6:25a	Total Body Workout 9:00-9:55a	Pilates* 8:00-8:55am	Total Body Workout 9:00-9:55a			
Pilates* 9:00-9:55am		Step Aerobics 5:30-6:25a				
Target Workout - Core Muscles 10:00- 10:40am	Step Aerobics 10:00-10:55a	Hi-Lo Aerobics 9:00-9:55a		Target Workout - Core Muscles 9:45 - 10:15am	Flexibility / Dance* 10:00-10:55	
	Hi-Lo Aerobics 5:00-5:55p	Target Workout - Core Muscles 10:00- 10:40am				
Target Workout Ab Express 6:00-6:25p	Zumba* 6:00-6:55p	Bosu* 5:30-6:25p	Zumba* 6:00-6:55p			Yoga* 1:30-2:25p
Step 6:30-7:25p	Hip Hop 7:00-7:55p	Yoga* 6:30-7:25p	Cardio Fit 7:00-7:55p			
Total Body Workout 7:30-8:25pm	Kickboxing 8:00-8:55p		Total Body Workout 8:00-8:55pm			

UPPER LEVEL STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Studio Cycling* 5:30-6:25a	Group Studio Cycling* 5:30-6:25a	Group Studio Cycling* 5:30-6:25a	Group Studio Cycling* 5:30-6:25a		Cycling* - Cross training 8:00-8:55a	Kick & Spin* - Cross training 9:30-10:30
Group Studio Cycling* 9:00-9:55a	Contact Kickbox* 9:00-9:55am	Group Studio Cycling* 9:00-9:55a	Contact Kickbox* 9:00-9:55am		Contact Kickbox* 9:00-10:00a	
Contact Kickbox* 5:30-6:25p	Contact Kickbox* 6:00-6:55p	Contact Kickbox* 5:30-6:25p	Contact Kickbox* 6:00-6:55p		Small group personal training* 11:00-12	
	Group Cycling* 7:00-7:55p		Group Cycling* 7:00-7:55p			

All Fitness Classes Require Registration - * Fee required

6-10-10mr