

**AEROBIC FITNESS CLASS SCHEDULE**

**AEROBIC STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Step &amp; Tone</b> 5:30-6:25am	<b>Total Body Workout</b> 9:00-9:55am	<b>Step &amp; Tone</b> 5:30-6:25am	<b>Total Body Workout</b> 9:00-9:55am	<b>Step &amp; Tone</b> 5:30-6:25am		
<b>Pilates*</b> 9:00-9:55am	<b>Step &amp; Tone</b> 10:00-10:55am	<b>Hi-Lo Aerobics</b> 9:00-9:55am		<b>Step &amp; Tone</b> 9:00-9:55am	<b>Step &amp; Tone</b> 8:00-8:55am	<b>Hatha Yoga*</b> 1:30-2:25pm
				<b>Target workout - Core Muscles</b> 10:00-10:40am	<b>Drums Alive*</b> 9:00-9:55am	
<b>Basic Training Strictly Strength*</b> 5:00-5:45pm	<b>Low Impact Aerobics</b> 5:00-5:55pm	<b>Target workout - Core, Ab-express</b> 5:00-5:25pm	<b>Hi-Lo Aerobics</b> 5:00-5:55pm		<b>Power Yoga*</b> 10:00-10:55am	
<b>Target workout - Core, Ab-express</b> 6:00-6:25pm	<b>Zumba*</b> 6:00-6:55pm	<b>Bosu Circuit*</b> 5:30-6:25pm	<b>Zumba*</b> 6:00-6:55pm		<b>Hip-Hop</b> 11:00-11:55am	
<b>Step &amp; Tone</b> 6:30-7:25pm	<b>Hip-Hop</b> 7:00-7:55pm	<b>Vinyasa Yoga*</b> 6:30-7:25pm	<b>Cardio Mixer</b> 7:00-7:55pm	<b>Step &amp; Tone</b> 6:00-6:55pm	<b>Small group personal training</b> 12 - 1pm	
<b>Total Body Workout</b> 7:30-8:25pm	<b>Cardio Kickboxing</b> 8:00-8:55pm	<b>Eastern Dance Belly Dancing*</b> 7:30-8:25pm	<b>Total Body Workout</b> 8:00-8:55pm	<b>Target workout - Core, Ab-express</b> 7:00-7:25pm	<b>youth Dance programs</b> 1:30-4:00pm	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Group Cycling*</b> 5:30-6:25am	<b>Group Cycling*</b> 5:30-6:25am	<b>Group Cycling*</b> 5:30-6:25am	<b>Group Cycling*</b> 5:30-6:25am		<b>Group Cycling*</b> 8:00-8:25am	<b>Kick &amp; Spin*</b> 9:30-11:00am
<b>Group Cycling*</b> 9:00-9:55am	<b>Contact Kickboxing *</b> 9:00-9:55am	<b>Group Cycling*</b> 9:00-9:55am	<b>Contact Kickboxing *</b> 9:00-9:55am		<b>Contact Kickboxing *</b> 9:00-9:55am	
<b>Contact Kickboxing *</b> 5:30-6:25pm	<b>Contact Kickboxing *</b> 6:00-6:55pm	<b>Contact Kickboxing *</b> 5:30-6:25pm	<b>Contact Kickboxing *</b> 6:00-6:25pm		<b>Small group personal training</b> 11-12 noon	
<b>Group Cycling*</b> 7:00-7:55pm	<b>Group Cycling*</b> 7:00-7:55pm	<b>Group Cycling*</b> 7:00-7:55pm	<b>Group Cycling*</b> 7:00-7:55pm			

**GYM**

<b>Silver Sneakers</b> 9:00-9:45a	<b>Core Conditioning Camp*</b> 10:00-10:55am	<b>Silver Sneakers</b> 9:00-9:45a		<b>Silver Sneakers</b> 9:00-9:45a		
<b>AOA</b> 10:15-11:00a		<b>AOA</b> 10:15-11:00a		<b>AOA</b> 10:15-11:00a		

**All Fitness Classes Require Registration - \*** Fee required