

Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00a.m. Hard Core Room A PT Staff		5:00-6:00a.m. Hard Core Room A PT Staff			
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>	8:00-9:00 a.m. Tone It Back Room A <i>Lisa</i>	8:00-8:45a.m. Body Training Room A <i>Marti</i>	9:00-10:00 a.m. Yoga Dance Room Theresa		8:00-9:00a.m. Free Stylin' Step Dance Room <i>Julie</i>
8:00-8:45a.m. Free Stylin' Step Dance Room <i>Julie</i>	9:10-10:10 a.m. Body Pump Room A <i>Lisa</i>	8:00-8:45a.m. Free Stylin' Step Dance Room <i>Julie</i>	8:00-9:00 a.m. Tone It Back Room A <i>Lisa</i>		10:00-11:00a.m. Cardio Kick Room A <i>Matt .</i>
8:45-9:15a.m. Ballast Blast Room A <i>Julie</i>	9:15-10:15a.m. Yoga Dance Room <i>Samantha</i>	8:45-9:15a.m. Ballast Blast Room A <i>Julie</i>	9:10-10:10 a.m. Body Pump Room A <i>Lisa</i>	9:00-10:00a.m. Yoga Dance Room <i>Penny</i>	11:00-noon Zumba Dance Room <i>Matt</i>
		9:00-10:00a.m. RPM Spin Aerobics B <i>Lisa</i>		9:00-10:00a.m. RPM Spin Aerobics B <i>Lisa</i>	9:00-10:00 a.m. Yoga Dance Room <i>Erin</i>
9-10am Zumba Dance Room Stacey		9:00-10:00a.m. Zumba Dance Room Stacey		10:15-11:15a.m. Tai Chi Dance Room <i>Betsy</i>	9:30 a.m. Vicious Cycle Aerobics B Trish
9:15-10:15a.m. Yoga Room A <i>Erin</i>		9:15-10:15a.m. Yoga Room A <i>Erin</i>			
10:15-11:15a.m. Tai Chi Dance Room <i>Betsy</i>					
5:00-6:00pm Yoga - Penny Dance Room 5:00-5:30p.m. Kinetic Kardio Kendra RoomA	5:00-6:00 p.m Zumba Dance Room <i>Heather H.</i>	5:00-5:30 pm Kinetic Kardio Room A <i>Kendra</i>	5:30-6:30 p.m. Yoga Dance Room <i>Samantha</i>		
5:45-6:45p.m Body Pump Room A <i>Gina</i>	5:30-6:30 p.m. RPM Spin Aerobics B <i>Gina</i>		5:30-6:30 p.m. RPM Spin Aerobics B <i>Gina</i>		revised 4/4/17
6:00-7:00p.m. Groov3 Dance Room <i>Matt</i>		5:45-6:45p.m. Body Pump Room A <i>Gina</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.		