

AEROBICS STUDIO SCHEDULE – FALL, begins Sept.8, 2008

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am	Pilates		Pilates		Pilates	
9:00 am	Nancy		Nancy		Nancy	
9:15am	Boot Camp	Aerofit	Stability Ball	Step Aerobics	Aerofit	
9:30am	Kathy	Donna	Donna	Judy	Donna	StepAerobics
10:00am	Stability Ball	BodySculpting	Boot Camp	Pilates	Stability Ball	Robyn
	Donna	Judy	Kathy	Judy	Donna	All Abs
11:05am	SilverSneakers	Step Aerobics	SilverSneakers		SilverSneakers	BodySculpting
	Pat & Donna	10:45 am - Judy	Pat & Donna		Pat & Donna	10:30 - Karin
11:30pm		Restorative Yoga			Power Yoga	
		Karin			12:10-MaryAnn	

5:30pm		Aerofit	Gentle Yoga	Stretching		
6:00pm	Gentle Yoga	Carrie	5:45 pm - Janet	Carrie		
6:15pm	Janet	Step Aerobics		Stability Ball		
6:30pm		Kecia		Carrie		
7:00pm	Step Aerobics	Power Yoga		Family Fit*		
	Robyn	MaryAnn		Nancy		
7:45pm	BodySculpting		BodySculpting	Restorative Yoga		
	Pat		Pat	Karin		

***Family Fit: This class requires preregistration & is a 6 week class. Family Fit will be held in the Aerobics Studio on Oct. 9 & 16 with Nancy.**