

AEROBICS STUDIO SCHEDULE – Summer, begins July 1, 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	Pilates		Pilates				
9:00 am	Nancy		Nancy				
9:15am	SilverSneakers 2	Zumba+Toning	Ball &	Pilates	Aerofit		
9:30am	Nancy	Trina	Bar Strength	Judy	Donna	StepAerobics	
10:00am	Cardio Pump		Donna	SilverSneakers2	Stability Ball	Robyn	
10:30am	Kathy	BodySculpt		10:15-Judy	Donna	All Abs	
11:05am	SilverSneakers	10:30 -Judy	SilverSneakers	SS YogaStretch	SilverSneakers	BodySculpt	
	Pat & Donna		Pat & Donna	Judy	Pat & Donna	10:30 - Karin	
12:00pm					Power Yoga		
					12:10 -MaryAnn		Zumba+Toning
1:00 pm						Double Dutch 1-4	2:00 – Trina & Amparo alt.

5:30pm	Gentle Yoga	Aerofit	Gentle Yoga	Stretching			
	5:15 pm - Janet	Carrie	5:15 pm - Janet	Carrie	Zumba		
6:15pm	Zumba		Zumba	Stability Ball	5:45-Trina		
	Trina		Trina	Carrie			
7:00pm	Pilates	Power Yoga	Cardio				
7:15pm	Judy	MaryAnn	Bellydance				
7:45pm	BodySculpt		StepAerobics	BodySculpt			
	Pat		Robyn	Karin			

Token is required for MWF 11:05 am SilverSneakers. Maximum 40.

Token is required for Zumba classes. Maximum 32.

There are NO classes July 3 & 4, 2010.