



**Fall
2018
Aerobics
Schedule**

Announcements

**New Classes
Interval
Training ,
Power Yoga,
Early Morn-
ing & Mid-
day Spin**

**Water
Aerobics
on
Thursdays
at 8AM &
Aqua
Zumba on
Wednes-
days at
5:30PM
will
continue
until
Sep.27**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio 1	Body Pump 9AM – 10AM	Body Pump 7AM – 8AM	30/30 9AM – 10AM	Body Combat 8:30AM – 9:30AM	Power Yoga 8AM – 9AM	Body Pump 9AM – 10AM
	XYZ 10:30 AM – 11:30AM	Interval Training 8:30-9:30AM	XYZ 10:30AM – 11:30AM	Centergy 9:30AM – 10:30AM	Body Pump 9AM – 10AM	Zumba 10:30AM – 11:30AM
	XYZ 11:30 AM- 12:30AM	Therapeutic Yoga 10:30AM – 11:30AM	Body Pump 12 PM – 1 PM	Therapeutic Yoga 10:30 AM – 11:30AM	Zumba 10:30 AM – 11:30AM	
	Yoga Stretch 1PM – 2PM	Therapeutic Yoga 11:30 AM – 12:30AM	Body Pump 4:30 PM– 5:30PM	Therapeutic Yoga 11:30 AM- 12:30AM	Zumba 5:30pm– 6:30PM	
	Yoga Stretch 2PM – 3PM	30/20/10 6 PM – 7 PM	Zumba 6PM – 7PM	Step 4:30PM – 5:30PM	Spin/ Abs Xpress 6:30PM-7PM	
	Body Pump 4:30 PM –5:30PM	Therapeutic Yoga 7PM-8PM	Dance Fit 7PM – 8PM	Body Pump 5:30PM – 6:30PM		
	Zumba 6PM – 7PM	Therapeutic Yoga 8-9pm		Strong 7PM - 8PM		
	POP Pilates 7PM - 8PM					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio 2	Guts/ Butts 7AM – 8AM	Early Bird 6:30AM – 7:30AM	Guts/ Butts 7AM – 8AM	Early Bird 6:30 AM – 7:30AM	Early Bird 6 AM – 7AM	Werg 9AM– 10AM
	Zumba 9AM – 10AM	Power Yoga 8AM – 9AM	Pilates 8AM – 9AM	Step 9AM – 10AM	Guts & Butts 7AM – 8AM	
	Abs Xpress 10-10:30AM	Step 9AM – 10AM	Zumba 9AM – 10AM	Butts & Guts 10AM—10:30AM	Core 7 More 8AM – 9AM	
	Creative Movement 4PM-4:45PM	Butts & Guts 10AM – 10:30AM	XYZ 11:30 AM– 12:30PM	Zumba 10:30 AM– 11:30AM	XYZ 10:30 AM– 11:30AM	
	Dance Fit 5 PM – 6PM	Zumba Gold 10:30AM – 11:30AM	Yoga Stretch 1 PM – 2PM	Line Dancing 11:30 AM – 1PM	Yoga Stretch 11:30 AM – 12:30PM	
	Tone & Tighten 6PM - 7PM	Line Dancing 11:30 PM-1PM	Creative Movement 4PM - 5:30PM	Silver Sneakers 1PM– 2PM	Silver Sneakers 1PM– 2PM	
	Body Pump 7PM– 8PM	Silver Sneakers 1PM-2PM	Body Rock 6PM– 7PM	Silver Sneakers 2PM - 3PM		
		Silver Sneakers 2PM-3PM		Zumba 6PM - 7PM		
		Step 4:30PM – 5:30PM		Therapeutic Yoga 7PM—8PM		
		Strong 6PM- 7PM		Therapeutic Yoga 8PM-9PM		
	Werg 7PM – 8PM					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin	Power House 9AM – 10AM	Breakfast Club 6:30-7:30AM	Power House 9AM – 10AM	Breakfast Club 6:30-7:30AM	Power House 9AM – 10AM	Sweat Shop 8AM-9AM
	Strength & Endurance 6:30PM – 7:30PM	Strength & Endurance 12PM-1PM	Straight Spin 6:30AM – 7:30PM	Strength & Endurance 12PM-1PM	Spin/ Abs Express 6PM – 6:30PM	
	Straight Spin 6:30AM – 7:30PM	Sweat Shop 5PM – 6PM	Straight Spin 6:30AM – 7:30PM			