

AEROBICS STUDIO SCHEDULE – SPRING 2008, begins May 1, 2008

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

5:30pm		Aerofit Carrie	Zumba!** 5:45 pm Adriana	Stretching Carrie		
6:00pm	Gentle Yoga Janet				Step Aerobics Kecia	Stability Ball Carrie
6:15pm						
6:30pm						
7:00pm	Step Aerobics Robyn	Power Yoga MaryAnn	HipHop/Dance Darin			
7:45pm	BodySculpting Pat			BodySculpting Pat	Restorative Yoga Karin	

** Token is required for Zumba! class. Tokens available at Welcome Center 30 minutes before class time.

HipHop is cancelled on Wed, May 7th, 2008.

Zumba is cancelled on Wed, May 14, 2008.