

AEROBICS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		 SPINNING		 SPINNING	 YOGA	 SPINNING - 9:00 AM	
9:00 AM	 MUSCULAR STRENGTH & RANGE OF MOTION		 MUSCULAR STRENGTH & RANGE OF MOTION		 MUSCULAR STRENGTH & RANGE OF MOTION	 PILATES - 10:00 AM	 BOOT CAMP - 10 AM
12:15 PM		 ALL ABS		 PILATES		 ZUMBA FITNESS 11:00 AM	 SPINNING - 11:00 AM
5:30 PM	 SPINNING	 KICKBOXING	 CARDIO PUMP	 BOOT CAMP		 PRIME INTENSITY TRAINING - GROUP CLASS @ 12:00 PM - \$25/CLASS	
6:00 PM	 RUNNING CLUB		 RUNNING CLUB				
6:30 PM	 ALL ABS- 6:45 PM	 SPINNING	 BODY SCULPTING	 ALL ABS- 6:45 PM		 RUNNING CLUB	RUNNING CLUB MEETS IN THE LOBBY AT 6:00 PM ON MONDAY AND WED. AND 8:00 AM ON SATURDAY!
7:30 PM	 ZUMBA TONING	 YOGA	 Prime Intenisty Training @ 6:30 PM			RUNNING CLUB @ 8:00 AM	RUNNERS CAN DO 2-4-6-8-10 MILES ALONG ROUTE! ALL LEVELS OF FITNESS WELCOME!