

Fall 2018 Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Fitness 6:30-7:15am <i>Marylou</i>	Power Pump 8:30-9:20am <i>Judy</i>	Cardio Cross 5:30-6:30am (Gymnasium) <i>Diane</i>	HEAT/HIIT 5:15-6:00am <i>Julie</i>	Morning Fitness 6:30-7:15am <i>Marylou</i>	Cardio Cross 7:00-8:00am (Gymnasium) <i>Diane</i>	Step Intervals 8:15-9:15am <i>Judy</i>
Muscle Express 8:00-8:30am <i>Judy</i>	Power Pump 9:30-10:20am <i>Ashley</i>	Morning Fitness 6:30-7:15am <i>Marylou</i>	Sculpt & Tone 8:45-9:45am <i>Heidi</i>	Power Express 8:00-8:35am <i>Judy</i>	Triple Play 8:00-9:00am <i>Judy</i>	Soul Synthesis 9:30-10:20am <i>Mel</i>
Core Step 8:45-9:45am <i>Judy</i>	Senior Yoga Stretch 11:00-11:45am (Gymnasium) <i>Lena</i>	Power Pilates 8:15-9:00am <i>Tina</i>	Senior Yoga Stretch 11:15-12:00pm (Gymnasium) <i>Lena</i>	Step Intervals 8:45-9:45am <i>Judy</i>	Power Pump 9:15-10:15am <i>Tracy/Chantal</i>	
Metafit 9:15-10:00am (Racquetball Court) <i>Nikki</i>	Zumba 4:45-5:30pm <i>Lena</i>	Tabata Circuit 9:15-10:15am <i>Diane/Heidi</i>	Zumba 4:45-5:30pm <i>Lena</i>	Yogalates 10:00-11:00am <i>Donna</i>	Restorative Yoga 10:30-11:30am <i>Chantal/Lesley</i>	
Fitness Yoga 10:00-11:00am <i>Judy</i>	HCC (Hard Core Circuits) 5:45-6:45pm <i>Heidi</i>	Mind Body Fusion 10:20-11:20am <i>Lena</i>	Hatha Yoga 5:45-6:45pm <i>Lena</i>	Silver Sneakers Cardio Circuit 11:15-12:00pm (Gymnasium) <i>Laurie</i>		
Zumba Gold 11:15-12:00pm <i>Lena</i>	Cardio Pump 7:00-8:00pm <i>Lora Lee</i>	Silver Sneakers Muscular Strength 11:30-12:15pm (Gymnasium) <i>Laurie</i>	Metafit 6:00-6:45pm (Racquetball Court) <i>Shaunna</i>	Bootcamp 3:30-4:30pm <i>Kristine</i>		
HEAT 3:30-4:30pm <i>Kristine</i>		Circuit Training 3:30-4:30pm <i>Kristine</i>	Strength & Stretch 7:00-8:00pm <i>Chantal</i>			
Cardio Intervals 5:45-6:45pm <i>Heidi/Sue/Diane Lora Lee</i>		Muscle Mix 5:45-6:45pm <i>Sue</i>				
Hatha Yoga 7:00-8:00pm <i>Lesley</i>		Pilates 7:00-8:00pm <i>Kate</i>				



WHITIN
Community Center
We're Family