

Summer 2018 Aerobics Schedule

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

