

# Aerobics Schedule November '09

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		<b>Cycle Energy Zone</b> <i>Cheryl</i>			<b>Step It Up</b> <i>Cheryl</i>	<b>Upperbody Blast</b> <i>Cheryl</i>	
8:30 am		<b>Core Yoga</b> <i>Linda</i>	<b>Zumba</b> <i>Hollie</i> <b>Cycling</b> <i>Ashley H.</i>		<b>Zumba</b> <i>Nikki</i> <b>Cycling</b> <i>Ashley F.</i>	<b>Core Yoga</b> <i>Rexanne</i>	<b>Zumba</b> <i>Kris/Nikki</i>
9:30 am		<b>Pilates Sculpt</b> <i>Roxanne</i>	<b>Legs, Butts &amp; Gutts</b> <i>Jennifer</i>	<b>Pilates Sculpt</b> <i>Roxanne</i>	<b>Fit Camp</b> <i>Linda</i>	<b>Pilates Sculpt</b> <i>Roxanne</i>	<b>Cycling</b> <i>Ashley H/Jennifer</i>
10:00 am		<b>Arthritic Water</b> <i>Nancy</i>	<b>Aqua Aerobics</b> <i>Jimmy</i>	<b>Arthritic Water</b> <i>Nancy</i>	<b>Aqua Aerobics</b> <i>Jimmy</i>	<b>Arthritic Water</b> <i>Nancy</i>	
10:30 am		<b>Total Body Sculpt</b> <i>Roxanne</i>		<b>Total Body Conditioning</b> <i>Lisa</i>	<b>Yoga</b> <i>Linda</i>		<b>Legs, Butts &amp; Gutts</b> <i>Ashley H/Jennifer</i> <b>Water Aerobics</b> <i>Jimmy</i>
12:15 am				<b>Ab Attack</b> <i>Lisa(30 mins)</i>			
4:30 pm	<b>Beginner Zumba</b> <i>Nikki</i>	<b>Zumba</b> <i>Nikki</i>		<b>Zumba</b> <i>Hollie</i>	<b>Total Body Conditioning</b> <i>Lisa</i>		
5:30 pm		<b>Step-N-Rep</b> <i>Jennifer</i> <b>Cycling</b> <i>Rose</i>	<b>Pilates Sculpt</b> <i>Roxanne</i>	<b>Step-N-Rep</b> <i>Jennifer</i> <b>Cycling</b> <i>Rose</i>	<b>Pilates Sculpt</b> <i>Roxanne</i>		
6:30 pm		<b>Karate</b> 6:30 - 9pm	<b>Zumba</b> <i>Nikki</i>	<b>Karate</b> 6:30 - 9pm	<b>Zumba</b> <i>Kris</i>	<b>(ZumbAtonic)</b> <b>Zumba4Kids</b> <i>Nikki</i> 6:00	
7:00 pm		<b>Water Aerobics</b> <i>Jimmy</i>	<b>Water Aerobics</b> <i>Jimmy</i>	<b>Water Aerobics</b> <i>Jimmy</i>	<b>Water Aerobics</b> <i>Jimmy</i>		