

AEROBIC SCHEDULE

APRIL 10'

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Cycle Energy Zone <i>Cheryl</i>			Step It Up <i>Cheryl</i>	Upperbody Blast <i>Cheryl</i>	
8:30 AM		Core Yoga <i>Roxanne</i>	Cycling <i>Jenn</i>	ZUMBA <i>Kris</i>	ZUMBA <i>Nikki</i> Cycling <i>Ashley F.</i>		ZUMBA <i>Kris/Nikki</i>
9:30 AM		Pilates Sculpt <i>Roxanne</i>	Legs, Butts & Gutts <i>Ashley H.</i>	Pilates Sculpt <i>Roxanne</i>	Total Body Condition <i>Stephanie</i>	Power Pilates <i>Jenn</i>	Cycling <i>Ashley H/Jennifer</i>
10:00 AM		Arthritic Water <i>Nancy</i>	Aqua Aerobics <i>Jimmy</i>	Arthritic Water <i>Nancy</i>	Aqua Aerobics <i>Jimmy</i>	Arthritic Water <i>Nancy</i>	
10:30 AM		Total Body Sculpt <i>Roxanne</i>	Power Yoga <i>Jenn</i>	Total Body Conditioning <i>Lisa</i>		Hip Hop Salsa <i>Stephanie</i>	Total Body Conditioning <i>Ashley H/Jennifer</i> Water Aerobics <i>Jimmy</i>
12:15 PM				Ab Attack <i>Lisa (30 mins)</i>			
4:30 PM	Beginner Zumba <i>Nikki</i>	Zumba <i>Nikki</i>	Total Body Conditioning <i>Ashley H.</i>	Hip Hop Salsa <i>Stephanie</i>	Total Body Conditioning <i>Ashley H.</i>		
5:30 PM		Step-N-Rep <i>Stephanie</i> Cycling <i>Rose</i>	Pilates Sculpt <i>Roxanne</i>	Step-N-Rep <i>Jennifer</i> Cycling <i>Rose</i>	Pilates Sculpt <i>Roxanne</i>		
6.30 PM		Power Yoga <i>Jenn</i> Karate <i>6:30 – 9 pm</i>	Zumba <i>Nikki</i>	Power Yoga <i>Jenn</i> Karate <i>6:30 – 9 pm</i>	Zumba <i>Kris</i> Cycling <i>Jennifer</i>	(ZumbAtonic) Zumba4Kids <i>Nikki</i> 30mins	
7:00 PM		Water Aerobics <i>Jimmy</i>	Water Aerobics <i>Jimmy</i>	Water Aerobics <i>Jimmy</i>	Water Aerobics <i>Jimmy</i>		