

AEROBIC SCHEDULE FOR July 2011

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:30 AM		Cycling Cheryl		BodyPump Cheryl		BodyPump Cheryl	
8:30 AM		BodyPump Roxanne	Cycling Ashley F. ★ Cardio Strength Stephanie	Step and Core Stephanie	Cycling Ashley F.	BodyPump Jennifer	Zumba Haydee
9:30 AM		CBF Roxanne Turbo Kick Jennifer ★		Pilates Sculpt Roxanne		Turbo Kick Jennifer ★ Friday's class will start July 8th	Cycle Jennifer/Brandy ★
10:00 AM		Aquatic Body Conditioning Nancy	Aqua Fit Camp Jimmy	Aquatic Body Conditioning Nancy	Aqua Fit Camp Jimmy	Aquatic Body Conditioning Nancy	Aqua Fit Camp Jimmy
10:30 am			Zumba Toning Nikki	BodyPump Roxanne	Zumba Nikki		BodyPump Sara N.
12:15 PM		Cycle Ashley H.		Lunch Crunch (30 mins) Lisa			
4:30 PM	<u>4:00</u> Zumba Haydee ★	Zumba Nikki	BodyPump Jennifer	Zumba Sara	BodyPump Jennifer	<u>5:00</u> Zumbatomic Nikki 30 mins	
5:30 PM	<u>5:00</u> BodyPump Jennifer ★	Cycle Rose Cardio Explosion Amanda	Pilates Sculpt Roxanne	Cycle Rose/Brandy ★ Cardio Explosion Amanda	Pilates Sculpt Roxanne	5:30 Zumba Nikki Cycle Sara	
6:30 PM	<u>6:00</u> TurboKick Brandy/Jennifer ★	Power Hatha Jenn Karate 6:30-9pm	Zumba Nikki	Power Hatha Jenn Karate 6:30-9pm	Mega Mix Dance Off Sara	BodyPump Sara N.	
7:00 PM		Aqua Fit Camp Jimmy	Aqua Fit Camp Jimmy	Aqua Fit Camp Jimmy	Aqua Fit Camp Jimmy	Aqua Fit Camp Jimmy	
7:30 PM		BodyPump Sara ★	Turbo Kick Brandy ★	BodyPump Sara N. ★	Turbo Kick Brandy ★		

★ DENOTES A NEW CLASS/TIME/OR INSTRUCTOR