

AEROBICS 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Extra
<p>5:20 a.m. –Indoor Cycling-Angie</p> <p>6:30 a.m.-AB class</p> <p>9:00-Yoga W/ K Olive</p>	<p>5:30-Cardio barbell training-Angie With Angie</p> <p>10:30 AM WATER AEROB</p>	<p>5:30 AM Cycling</p> <p>10:00 am WATER AERO.</p>	<p>5:30- cardio barbell training-Angie</p> <p>9:00-Yoga</p> <p>9:00 Jazzercise</p>	<p>5:30 AM Cycling</p> <p>Jazzercise \$ 9:00 a.m.</p>	<p>Jazzercise 9:00 a.m.</p>	<p>Jazzercise is \$10.00 walk-in or \$30 monthly</p>
<p>Jazzercise 9:00 a.m. \$</p> <p>10:00 AM WATER AEROBICS</p> <p>Jazzercise 4:30 p.m.</p>	<p>Jazzercise 9:00 a.m. \$</p> <p>Chair Stretch for Seniors 11:00 (3-30-10)</p> <p>Jazzercise \$ 4:30</p>	<p>Jazzercise 9:00 a.m. \$</p> <p>10:00-Strength Training W/ Angie (five person min.) starts 4-7-10</p>	<p>10:30 WATER AEROBICS</p> <p>Jazzercise 4:30</p> <p>5:30 PM Water Aerobics.</p>	<p>10:00-Strength Training W/ Angie (five person minimum) starts 4-2-10</p>		<p>Zumba \$3.00 per class. Do not need to be a member to participate in Zumba!</p>
<p>5:30- Cycling W/ Jennifer (AR)</p> <p>6:15- Zumba Latin Dance fitness \$3.00</p> <p>Yoga – 6:30 W/ Tabitha</p>	<p>5:30 Hard Core Kickboxing</p> <p>5:30 PM Water A.</p> <p>6:00 ZUMBA Latin Fitness \$3.00</p> <p>PowerExtreme 7:00</p>	<p>6:00-7:00-Cycling W/ Jennifer</p> <p>6:00- YOGA</p>	<p>5:30-6:00-Hard Core Kickboxing</p> <p>6:00 ZUMBA Latin Fitness \$3.00</p> <p>Power Extreme 7:00</p>	<p>10:00 AM WATER AEROBICS</p> <p>Chair Stretch for Seniors 11:00</p>		<p>Ditch the workout Join the party!</p>  <p>ZUMBA FITNESS</p>
EW	East Wing		AR:	Aerobic Room		