

AEROBICS 2009 Happy New Year

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – Boot Camp With Angie 	5:30-Fit Pump W/ With Angie 10:30 AM WATER AEROB.	5:30 AM Spin W/ Lisa Huff 10:00 am WATER AEROBICS	5:30- Fit Pump W/ Angie 9:30 AM YOGA-	5:30 AM Spin W/ Lisa Huff 		1:00 Adult Wii Sports 2:00 Kids Wii
10:00 AM WATER AEROBICS 5:30- Spin W/ Jennifer (AW) 5:30-6:30 YOGA With Lisa (EW)	5:30 PM WATER AEROBICS 4:00-5:00 Wii Sports (AR) 5:30 Hard Core Kickboxing	11:00 – Total Body on Stability Ball W/ Lisa (AR) 5:00 Alexander Technique (Board Room) Barbara	10:30 A.M. WATER AEROBICS 5:30 PM Water Aerobics. 5:30-6:00-Hard Core Kickboxing	10:00 AM WATER AEROBICS 5:30-6:30 YOGA W/ Lisa (EW)	10:00- Total Body Workout (Stability Ball) W/ Lisa (Little Gym)	2:00 Blast Your Abs W/ Lisa
7:00-8:00-BARRE FIT – W/ Jess 	 6:00 ZUMBA Latin Fitness \$5.00 7:00 Total Body Stability Training w/Lisa-	6:00 Jazzercise (EW) (Class Starts 1-21) 6:00-7:00-Fit Pump W/ Angie 7:00-7:30 – Extreme Spin W/ Jennifer	6:00 ZUMBA Latin Fitness \$5.00 <u>7:00 ABS Class w/ Lisa Reale</u> 	5:45-6:45 BARRE FIT W/ Jess		
EW : East Wing			AR: Aerobic Room			