



AEROBICS

For Youth Development For Healthy Living For Social Responsibility

Fitness Schedule

December 26-February 26

Monday	
5:45 AM	Total Body Conditioning
9:00 AM	Pilates
10:05 AM	Forever Strong
11:05 AM	Line Dancing
4:30 PM	Step Aerobics
6:00 PM	Spin Zumba® -Gym 1
7:05 PM	Guts-n-Butts

Tuesday	
6:15 AM	Zumba®
8:00 AM	Spin
9:00 AM	Guts-n-Butts
10:15 AM	Silver&Fit Dance Pow- ered by Zumba® Gold
11:30 AM	SilverSneakers® MSROM
5:30 PM	Bootcamp
6:35 PM	Spin
7:30 PM	Yoga

Wednesday	
5:45 AM	Total Body Conditioning
9:00 AM	Beginner Spin
10:05 AM	Forever Strong
11:15 AM	Yoga
5:00 PM	Spin
6:00 PM	Zumbatomic® Zumba®-Gym 1
7:05 PM	Y Box

Thursday	
6:15 AM	Zumba®
8:00 AM	Spin
9:00 AM	Guts-n-Butts
10:15 AM	Stretch/Relaxation
11:30 AM	SilverSneakers® MSROM
5:30 PM	Step Aerobics
6:35 PM	Pilates
7:05 PM	Boot / KettleKamp

Friday	
5:45 AM	Total Body Conditioning
9:00 AM	Total Body Conditioning
10:15 AM	Zumba®
11:30 AM	Silver&Fit Dance Pow- ered by Zumba® Gold
5:00 PM	Spin

Saturday	
8:30 AM	Pilates
9:00 AM	Instructor's Choice
10:05 AM	Zumba®
11:30 AM	SilverSneakers® Yoga Stretch

Sunday	
8:30 AM	Spin
1:00 PM	Zumbatomic®