



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Aerobics Fitness Schedule-Winter

Monday	
5:30 AM– 6:30 AM	Cardio Combo (LOFT)
7:00 AM—8:00 am	Tai-Chi (LOFT)
4:30 PM-5:30 PM	Muscle Fitness (LOFT)
5:00 PM– 6:00 PM	Spinning (Spin Room)
5:30 PM– 6:30 PM	Step Aerobics (LOFT)
5:30 PM– 6:30 PM	Zumba (Gym A)

Tuesday	
7:30 AM– 8:30 AM	Yoga (LOFT)
9:15 AM– 10:15 AM	Rhythm-Robics (LOFT) (Formerly Y-Dance)
9:30 AM– 10:30 AM	Silver Sneakers Cardio Circuit (Gym A)
4:30 PM– 5:30 PM	Stability Ball (LOFT)
5:00 PM—6:00 PM	Spinning (Spinning Room)
5:00 PM– 5:45 PM	Caveman (Gym B)
6:00 PM– 7:00 PM	Zumba (Gym A) Ballroom Dancing (Dyett)
6:30 PM– 7:30 PM	Boot Camp (LOFT)

Wednesday	
5:30 AM– 6:30 AM	Cardio Combo (LOFT)
7:00 AM—8:00 AM	Tai-Chi (LOFT)
8:45 AM—9:45 AM	Body Shop Plus (Loft)
10:00 AM—11:00 AM	Silver Sneakers MS/ROM (Gym A)
4:30 PM– 5:30 PM	Interval Max (LOFT)
5:00 PM– 6:00 PM	Spinning (Spin Room)
5:30 PM– 6:30 PM	Zumba (Gym A)

Thursday	
7:30 AM– 8:30 AM	Yoga (LOFT)
9:15 AM– 10:15 AM	Rhythm-Robics (LOFT) (Formerly Y-Dance)
9:30 AM– 10:30 AM	Silver Sneakers Yoga Stretch (Gym A)
4:30 PM– 5:30 PM	Total Body Fitness (LOFT)
5:00 PM– 5:45 PM	Caveman (Gym B)
5:00 PM-6:00 PM	Spinning (Spin Room)
5:30 PM—6:15 M	Pilates Class (LOFT)
6:00 PM– 7:00 PM	Zumba (Gym A)
6:30 PM-7:30 PM	Boot Camp (LOFT)

Friday	
5:30 AM– 6:30 AM	Cardio Combo (LOFT)
8:45 AM—9:45 AM	Body Shop Plus (LOFT)
10:00 AM– 11:00 AM	Silver Sneakers MS/ROM (Gym A)
10:30 AM– 11:30 AM	Country Line Dancing (LOFT)

Saturday	
8:30 AM– 9:30 AM	Zumba (Gym A)
9:00 AM—10:00 AM	Spinning (Spin Room)
9:00 AM– 10:15 AM	Interval Ball Max (LOFT)
9:45 AM– 10:45 AM	Silver Sneakers Cardio Circuit (Gym A)