

2015 FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Starts Jan 5th</i>					
Abs, Back, & Buns		12:15-12:45pm-AMBER		12:15-12:45pm-AMBER	
Active Older Adults	8:00-9:00am-MICHELLE	8:00-9:00am-MICHELLE		8:00-9:00am-MICHELLE	
Silver Sneakers			8:00-9:00am-AMY		8:00-9:00am-AMY
Boot Camp	5:30-6:15am-STEVE		5:30-6:15am-STEVE		5:30-6:15am-STEVE
Boxing/Kickboxing	7:30-8:30pm TONY		7:30-8:30pm TONY		
Cycle		6:00-6:45am-RON		6:00-6:45am-RON	
Cycle		5:00-5:30pm-MARYBETH		5:00-5:30pm-MARYBETH	
Power Pump	5:30-6:30pm-MICHELLE		5:30-6:30pm- MICHELLE		
TAI CHI		10:00-11:00am-BETSY		10:00-11:00am-BETSY	
Sculpt It Up		6:30-7:15pm-TONY		6:30-7:15pm-TONY	
Slimnastics (Bike)	9:00-10:00am-MARYBETH		9:00-10:00am-MARYBETH		9:00-10:00am-MARYBETH
Slimnastics (Zumba)		9:00-10:00am-MICHELLE		9:00-10:00am-MICHELLE	
Step (Noon)	12:15-12:45pm-SHANNON		12:15-12:45pm-SHANNON		SEE ZUMBA BELOW
Yoga		5:30-6:30pm-SARAH		5:30-6:30pm-SARAH	
Aqua Yoga	6:00-6:45pm-Marian		6:00-6:45pm-Marian		
Y-Power Ball	5:00-5:30pm- TONY		5:00-5:30pm- TONY		
Zumba	6:30-7:30pm-Carmen	5:30-6:30pm Carmen	6:30-7:30pm-Carmen	5:30-6:30pm Carmen	12:15-12:45pm-JULIA

WATER AEROBICS

Aquasize	9:00-9:45am-HILDA	9:00-9:45am-NADINE	9:00-9:45am-HILDA	9:00-9:45am- NADINE	
Aquasize		6:45-7:45pm- LOUISE		6:45-7:45pm- LOUISE	
Slow & Easy	9:45-10:30am-HILDA		9:45-10:30am-HILDA		