

# AM - AEROBIC ROOM SCHEDULE

UPDATED: 10/9/17

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am - 6:00am		Cardio Sculpt (Nicole G)		Spin (Nicole G)			
5:45am - 6:45am		*Aqua (Mac)		*Aqua (Mac)		*Aqua (Mac)	
6:00 am - 7:00 am			Aqua Pilates (Robyn)		Aqua Pilates (Robyn)		
7:30 am - 8:45 am							
8:00 am - 9:00 am			Power Yoga (Robyn)		Gentle Yoga (Robyn)		*Aqua Craziiness (Danielle)
							Circuit Blast (Amy)
9:00am - 10:00am	Boot Camp (Mike)	Kick N Core (Vicki)	SeniorciZe (Lisa)	Kick N Core (Vicki)	SeniorciZe (Lisa)	Beginner Spin (Vicki)	
9:15am-10:00 am							Spin (Vicki)
10:15 am - 11:00 am		Sit & Fit (Emily/Lisa)		Sit & Fit (Emily/Lisa)			
10:30 am - 11:30 am			Tai Chi - <i>Beginner</i> (Ruben)		Tai Chi - <i>Advanced</i> (Ruben)		
11:30 am-12:30 pm			Tai Chi - <i>Intermediate</i> (Ruben)				

**NOTE:**

**PM- SCHEDULE ON REVERSE SIDE**

\* IF CLASS IS IN SESSION IN THE POOL AND AEROBIC ROOMS THE ROOMS ARE NOT OPEN TO INDIVIDUAL WORKOUT.

\*\* IF AQUA PILATES AND YOGA ARE IN SESSION WE ASK THAT THERE BE NO NOISE IN THE ROOMS AS MEDITATION IS NECESSARY DURING CLASS.

\*\*\* The POOL is NOT available for open swim when there is a water aerobic class. All classes in blue above are water classes.

# PM - AEROBIC SCHEDULE

UPDATED: 10/9/17

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:15 pm - 2:00 pm			*SilverSneaker Aqua (Linn)		Silver Sneaker - Aqua (Linn)		
4:15pm- 5:15pm						Boot Camp (Mike)	
4:30 pm - 5:15 pm		Self Defense (Jeff) (starts in October)					
5:15pm- 6:15pm			Pound (Jolene)		Zumba (Nicole)	Burning off the Crazy (Rita)	
5:30pm- 6:30pm		Muscle Sculpt (Amy) (45 min)	Spin (Darlene)	Muscle Sculpt (Amy) (45min)			
6:00 pm - 7:00 pm			*Aqua (Dick)		*Aqua Craziiness (Danielle) ----- Spin (Nicole)		
6:15 pm - 7:15 pm		Zumba (Nicole)		Piloxing (Jolene)	Bodies Under Construction (Rita)		
6:30 pm- 7:00 pm			Core-It-Up (Mike)				
6:30 pm - 7:30 pm			Yoga (Robyn)				

**NOTE:**

**AM-SCHEDULE ON REVERSE SIDE**

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\*\* IF AQUA PILATES AND YOGA ARE IN SESSION WE ASK THAT THERE BE NO NOISE IN THE ROOMS AS MEDITATION IS NECESSARY DURING CLASS.

\*\*\* The POOL is NOT available for open swim when there is a water aerobic class. All classes in blue above are water classes.