

Floor Aerobics

Effective 11/15/11

MON

TUE

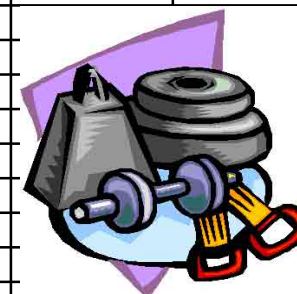
WED

THU

FRI

SAT/SUN

	8:30 AM		8:30 AM		
	Core Strengthening		Core Strengthening	9:00 AM	9:00 AM
	Jan Wise		Jan Wise	Dance Aerobics	*Cardio
	1 hr		1 hr	Michelle Williams	Kickboxing*
		9:30 AM		1 hr	Tim
		Gentle Wind			1 hr
		Ernest Starr			
		1hr			9:30 AM
					*Basic
10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM	Training*
SilverSneakers	SilverSneakers	Yoga	SilverSneakers	Yoga	Suzanne
Muscular Strength & Range of Movement	Cardio Circuit	Kimm Marks	Cardio Circuit	Kimm Marks	75 mins
Michelle Williams	Michelle Williams	90 mins	Michelle Williams	90 mins	
1 hr	1 hr		1 hr		
12:00PM		12:00PM		12:00 PM	
FallProof		**FallProof**		SilverSneakers	
Kathy Bowman		Kathy Bowman		Muscular Strength & Range of Movement	
1hr		1hr		Kathy Bowman	
	5:30 PM			1 hr	
6:00 PM	*Pilates*				
Cardio Kickboxing	Suzanne Dorsey				
Tim Swanson	1hr				
1 hr					
6:00 PM		6:00 PM	6:00 PM		
Yoga Motion	6:30 PM	Spinning	*Cardio Kickboxing*		
Michelle Williams	Dance Aerobics	Michelle Williams	Tim Swanson		
1 hr	Michelle Williams	1 hr	1 hr		
	1 hr				
7:00 PM					
Power Pump					
Suzanne Dorsey					
1hr					



***Additional Fees Apply/**Private Class**