

# JULY CLASS SCHEDULE

THE CLUB @  
BERLIN RESORT



## MONDAY

**8:15-9:00 am**  
Cardio PUMP  
*- Aerobics Room*

**9:00-9:45 am**  
Step Aerobics  
*- Aerobics Room*

**9:00-10:00 am**  
Water Aerobics  
*- Pool*

**9:50-10:15 am**  
Toning  
*- Aerobics Room*

**10:15-11:15 am**  
Tai Chi  
*- Cycling Room*

**4:15-5:00 pm**  
Beginning Step Aerobics  
*- Aerobics Room*

**5:00-5:30 pm**  
Cycling  
*- Cycling Room*

**5:30-6:00 pm**  
Killer Abs  
*- Aerobics Room*

**6:00-6:30 pm**  
Sculpting  
*- Aerobics Room*

**6:30-7:30 pm**  
Plyomania  
*- Ballroom*

## TUESDAY

**9:00-10:00 am**  
DanceFit  
*- Aerobics Room*

**1:00-2:00 pm**  
Water Aerobics  
*- Pool*

**3:15-4:00 pm**  
Free Weight Rm Workout  
*- Weight Room*

**5:30-6:30 pm**  
Water Aerobics  
*- Pool*

**6:00-7:00 pm**  
Metabolic Training  
*- Aerobics Room*



## WEDNESDAY

**8:15-9:00 am**  
Cardio PUMP  
*- Aerobics Room*

**9:00-9:45 am**  
Step Aerobics  
*- Ballroom*

**9:00-10:00 am**  
Water Aerobics  
*- Pool*

**9:50-10:15 am**  
Toning  
*- Aerobics Room*

**10:15-11:15 am**  
Tai Chi  
*- Cycling Room*

**4:15-5:15 pm**  
Beginning Step Aerobics  
*- Aerobics Room*

**5:00-5:30 pm**  
Cycling  
*- Cycling Room*

**5:30-6:00 pm**  
Killer Abs  
*- Aerobics Room*

**5:45-6:45 pm**  
Free Weight Rm Workout  
*- Weight Room*

**6:00-6:30 pm**  
Sculpting  
*- Aerobics Room*

## THURSDAY

**9:00-9:45 am**  
DanceFit  
*- Aerobics Room*

**9:45-10:30 am**  
Yoga  
*- Aerobics Room*

**1:00-2:00 pm**  
Water Aerobics  
*- Pool*

**6:00-7:00 pm**  
Metabolic Training  
*- Aerobics Room*

**5:30-6:30 pm**  
Water Aerobics  
*- Pool*



## FRIDAY

**9:00-9:45 am**  
Step Aerobics  
*- Aerobics Room*

**9:00-10:00 am**  
Water Aerobics  
*- Pool*

**9:50-10:15 am**  
Toning  
*- Aerobics Room*

## SATURDAY

**8:00-8:45 am**  
Step Aerobics -POP! Cardio  
*- Aerobics Room*

Personal Training Sessions are Available by Appointment

07/03/17