

JULY CLASS SCHEDULE



MONDAY

9:05-9:50 am
Step Aerobics
Instructor: Tanya
- *Aerobics Room*

9:00-10:00 am
Aqua Aerobics
Instructor: Rose
- *Pool*

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

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

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

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

5:30-6:30 pm
Beginning Step Aerobics
Instructor: Lori
- *Cycling Room*

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

6:30-7:30 pm
Plyomania
Instructor: Maria
- *Aerobics Room*

TUESDAY

1:00-2:00 pm
Aqua Aerobics
Instructor: Rose
- *Pool*

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

WEDNESDAY

9:05-9:50 am
Step Aerobics
Instructor: Tanya
- *Aerobics Room*

9:00-10:00 am
Aqua Aerobics
Instructor: Rose
- *Pool*

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

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

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

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

THURSDAY

9:00-9:45 am
Dance Fit
Instructor: Toni
- *Aerobics Room*

1:00-2:00 pm
Aqua Aerobics
Instructor: Rose
- *Pool*

5:15-6:15 pm
Circuit Training
Instructor: Si Koser
- *Aerobics Room*

FRIDAY

9:05-9:50 am
Step Aerobics
Instructor: Tanya
- *Aerobics Room*

9:00-10:00 am
Aqua Aerobics
Instructor: Rose
- *Pool*

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

SATURDAY

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



Personal Training Sessions are Available by Appointment

07/01/18