

SEPTEMBER CLASS SCHEDULE

THE CLUB @
BERLIN RESORT



MONDAY

7:45-8:30 am
Cardio PUMP
- Aerobics Room

9:05-9:50 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

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

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

5:30-6:30 pm
Aqua Aerobics
- Pool



WEDNESDAY

7:45-8:30 am
Cardio PUMP
- Aerobics Room

9:05-9:50 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
Cardio Pump
- Aerobics Room



FRIDAY

9:05-9:50 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

9:00-10:00 am
Strength & Conditioning
- Aerobics Room

Personal Training Sessions are Available by Appointment

09/05/17