

# AEROBICS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM 6:15 AM	RIDE		RIDE		RIDE	
8:00 AM 9:00 AM		CORE		POWER <i>Plus!</i>		8:30-9:00 RIDE
9:00 AM 10:00 AM	STEP	YOGA	ACTIVE Low-Impact Aerobics	YOGA	PILATES	YOGA
10:15 AM 11:15 AM	SilverSneakers® I MSROM	MOVIN & GROOVIN LINE DANCING	SilverSneakers® I MSROM	MOVIN & GROOVIN LINE DANCING	SilverSneakers® II CARDIO CIRCUIT	
12:10 PM 1:00 PM	POWER	CORE	RIDE	CENERGY	RIDE	
4:00 PM 5:00 PM	Rock The Rec	KARATE 4:00-5:25	BASIC POWER STEP 4:30-5:15	Rock The Rec	KARATE 4:00-5:25	
5:30 PM 6:30 PM	STEP/POWER 30/30	CORE	BURN BABY BURN 5:30-7:00	STEP		
6:30 PM 7:00 PM	RIDE			RIDE	KARATE	
7:00 PM 8:00 PM	YOGALATES	MIXED MARTIAL ARTS 7:15-8:15	YOGA	MIXED MARTIAL ARTS 7:15-8:15	SALSA DANCE 7:30-9:00	



SHADED CLASSES HAVE ADDITIONAL FEES: PRICES VARY DEPENDING ON CLASS

ADDITIONAL INFORMATION LOCATED ON FLIERS

