



WINTER 2012 AEROBICS SCHEDULE



DECEMBER 12, 2011 - FEBRUARY 26, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:50 - 6:50 am		5:50-6:50am Janet [C]	5:30-6:30am Debra [Z]	5:50-6:50am Janet [C]	5:50-6:50am Sheri [K]		
6:50 - 7:55 am							
8:00 - 9:25 am					8:30-10:0am Brook [BC]	8:00 - 9:30am Shell [CD]	8:30-10:00am Janet [C]
9:45 - 11:10 am							
11:30 - 12:55 pm							
1:15 - 2:40 pm							
2:50 - 4:15pm							
3:30 - 4:30 pm		3:30-4:30pm June [Y]		3:30-4:30pm June [Y]		[Y] Yoga [C] Combo [Cardio & Strength] [BC] Body Contouring [CD] Cardio Dance [CH] Cardio Hoop [K] Kickboxing [Z] Zumba® Fitness This schedule is subject to changes and cancellations. Updated 12/2011	
4:30 - 5:30 pm	4:30-5:30pm Sheri [CH]	4:30-5:30pm Debra [Z]	4:30-5:30pm Shell [CD]	4:30-5:30pm Shell [CD]			
5:30 - 6:45 pm	5:30-6:45pm Brook [BC]	5:30-6:4pm Shell [CD]	5:30-6:45pm Brook [BC]	5:30-6:45pm Shell [CD]			
6:45 - 7:45 pm	6:45-7:45pm Cindy [Y]		6:45-7:45pm Cindy [Y]				
7:45 - 9:00 pm							

