

Ford Community & Performing Arts Center - AEROBIC/FITNESS SCHEDULE - Effective December 1, 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AEROBIC STUDIO			
Step Aerobics 9:05 - 10:05 a.m. Cycle 60/15 10:15 - 11:30 a.m.	Cycle 55/5 6:05 - 7:05 a.m. Lower Body Sculpt 7:30 - 8:45 a.m. Cycle 55/5 9 - 10 a.m. Pilates 10:15 - 11:15 a.m. Senior Strength 11:30 a.m. - 12:30 p.m. Self Defense 12:30 - 1:15 p.m. Pilates 5:30 - 6:30 p.m. Full Body Sculpt 6:35 - 7:35 p.m. Yoga \$ 7:45 - 9 p.m.	Full Body Sculpt 6:05 - 7:05 a.m. Upper Body Sculpt 7:30 - 8:45 a.m. Boot Camp 9 - 10 a.m. Cycle 45/30 10:15 - 11:30 a.m. Yogalates 11:30 a.m. - 12:30 p.m. Cycle 60/15 5:15 - 6:30 p.m. Int./Step 6:35 - 7:35 p.m. Equipment Orientation 5:30 - 6:30 p.m. Meet at fitness desk	Boot Camp 5:40 - 6:40 a.m. Cycle 45/30 7:30 - 8:45 a.m. Step 9 - 10 a.m. Cycle 45/30 10:15 - 11:30 a.m. Senior Strength 11:30 a.m. - 12:30 p.m. Self Defense 12:30 - 1:15 p.m. Boot Camp 5:15 - 6:30 p.m. Full Body Sculpt 6:35 - 7:35 p.m.	Full Body Sculpt 6:05 - 7:05 a.m. Lower Body Sculpt 7:30 - 8:45 a.m. Boot Camp 9 - 10 a.m. Full Body Sculpt 10:15 - 11:15 a.m. Yogalates 11:30 a.m. - 12:30 p.m. Cycle 55/5 5:15 - 6:15 p.m. Yoga \$ 7:45 - 9 p.m.	Cycle 55/5 6:05 - 7:05 a.m. Upper Body Sculpt 7:30 - 8:45 a.m. Step 9 - 10 a.m. Cycle 45/30 10:15 - 11:30 a.m. Senior Strength 11:30 a.m. - 12:30 p.m. Full Body Sculpt 5:15 - 6:15 p.m. Yogalates 6:15 - 7:15 p.m.	Boot Camp 8:15 - 9:30 a.m. Full Body Sculpt 9:35 - 10:35 a.m. Equipment Orientation 11 a.m. - 12 p.m. Meet at fitness desk
	Tang Soo Do Karate \$ 7 - 8:30 p.m.		DOME OR MEZZANINE			
			Tang Soo Do Karate \$ 7 - 8:30 p.m.			
			LEISURE POOL			
		Water Exercise 10 - 11 a.m.		Water Exercise 10 - 11 a.m.		
			LAP POOL			
	Lap Swim Clinic 5:15 - 6:30 p.m. Water Exercise 6:30 - 7:30 p.m.	Water Exercise 6:30 - 7:30 p.m.	Water Exercise 5:30 - 6:30 p.m.	Water Exercise 6:30 - 7:30 p.m.		Water Exercise 10 - 11 a.m.

All of these classes are free for Charter Passholders (those joining before January 1, 2002).

All classes except those designated by "\$" are free for Passholder A patrons.

Classes designated by "\$" require pre-registration by all participants and a fee payment from patrons who are not Charter Passholders.