

AEROBIC/FITNESS SCHEDULE - Effective September 7 - October 2, 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AEROBIC STUDIO						
Step Aerobics 9:05 - 10:05 a.m. Max	Cycle 55/5 5:40 - 6:40 a.m. Rhonda	Full Body Sculpt 5:40 - 6:40 a.m. Jenny	Cycle 55/5 5:40 - 6:40 a.m. Jenny	Boot Camp 5:40 - 6:40 a.m. Jenny		Boot Camp 8:15 - 9:30 a.m. Jen
Cycle 60/15 10:15 - 11:30 a.m. Rhonda	Lower Body Sculpt 7:30 - 8:45 a.m. Rhonda	Upper Body Sculpt 7:30 - 8:45 a.m. Jenny		Lower Body Sculpt 7:30 - 8:45 a.m. Jenny	Upper Body Sculpt 7:30 - 8:45 a.m. Rhonda	Full Body Sculpt 9:35 - 10:35 a.m. Jen
	Step 9 - 10 a.m. Maureen	Boot Camp 9 - 10 a.m. Rhonda	Kick Boxing 9 - 10 a.m. Maureen	Step 9 - 10 a.m. Rhonda	Aerobic/Interval 9 - 10 a.m. Maureen	
	Full Body Sculpt 10:15 - 11:15 a.m. Maureen	Cycle 55/5 10:15 - 11:15 a.m. Rhonda	Cycle 50/25 10:15 - 11:30 a.m. Rhonda	Full Body Sculpt 10:15 - 11:15 a.m. Rhonda	Cycle 50/25 10:15 - 11:30 a.m. Rhonda	
	Senior Strength 11:30 a.m. - 12:30 p.m. Rhonda	Yogalates 11:30 a.m. - 12:30 p.m. Sandy	Senior Strength 11:30 a.m. - 12:30 p.m. Rhonda	Yogalates 11:30 a.m. - 12:30 p.m. Sandy	Senior Strength 11:30 a.m. - 12:30 p.m. Bella	
	Cycle 60/15 5:15 - 6:30 p.m. Jen		Boot Camp 5:15 - 6:30 p.m. Cristi C	Cycle 55/5 5:15 - 6:15 p.m. Jen		
	Full Body Sculpt 6:35 - 7:35 p.m. Jen	Int./Step 6:35 - 7:35 p.m. Cristi C	Full Body Sculpt 6:35 - 7:35 p.m. Rhonda	Zumba \$ 6:30 - 7:30 p.m. Andrea (9/9-9/30)		
LEISURE POOL						
		Water Exercise 10 - 11 a.m. Karen				
LAP POOL						
	Senior Swim 9-10 a.m. Rhonda 10-11 a.m. Andrea	Senior Swim 9:30-10:30 a.m. Senior Volunteer	Senior Swim 9-10 a.m. Rhonda 10-11 a.m. Doha	Senior Swim 9:30-10:30 a.m. Senior Volunteer	Senior Swim 9-10 a.m. Bella 10-11 a.m. Bella	Water Exercise 10 - 11 a.m. Karen
	Water Exercise 6:30 - 7:30 p.m. Karen	Water Exercise 6:30 - 7:30 p.m. Karen				
TRACK						
	Chair Exercise 10-11 a.m. Rhonda		Arthritis Exercise 10 - 11 a.m. Andrea		Chair Exercise 10-11 a.m. Andrea	