

FORD COMMUNITY & PERFORMING ARTS CENTER -AEROBIC SCHEDULE - MAY 2012

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
TIME	STUDIO								
5:30 a.m.	#2		Cycle Jen				Cycle Jill		
7:30 a.m.	#1					Body Sculpt Cassie			
8:15 a.m.	#2							Bootcamp Jen	
9 a.m.	#1					Circuit Training DMC			
	#2	Step Max	Step Maureen	Cycle Sam	Cardio Interval Maureen		Step Maureen		
9:35 a.m.	#2							Body Sculpt Jen	
10:15 a.m.	#1			Zumba / Zumba Toning \$ Angela (ENDS 6/19) Women ONLY	Belly Dancing \$ Angela (ENDS 6/20) Women ONLY	Cycle Jill	Rock Solid Theresa		
	#2	Cycle Max or Jill	Body Sculpt Maureen	Kick Boxing Theresa					
11 a.m.	#1							Zumba / Zumba Toning \$ Angela (ENDS 6/23)	
11:30 a.m.	#1			Yoga Sandy	Zumba Gold \$ Angela (ENDS 6/20)	Yoga Sandy			
	#2		Senior Strength Jim		Senior Strength Jim		Senior Strength Theresa		
5:15 p.m.	#2		Cycle Erica	Butts and Guts Carol	Boot Camp Cristi (75 min)	Cycle Sam		4-7 P.M. SALES RENTAL AEROBIC STUDIO #1	
5:30 p.m.	#1		Zumba \$ Cassie (ENDS 6/18)	Yoga Raluca					
6:15 p.m.	#1					Yoga Raluca	Belly Dancing \$ Angela (ENDS 6/22)		
6:20 p.m.	#2			Step Carol					
6:35 p.m.	#2				Body Sculpt Marie	Kickboxing Marie			
6:45 p.m.	#1			Kettlebell \$ Jen (ENDS 6/19)					
7 p.m.	#1		Tang Soo Do Karate \$* John Sczomak		Tang Soo Do Karate \$* (Mezzanine)				
7:30 p.m.	#2			Z-Kick! \$ Cristi (ENDS 6/20) women only		Zumba \$ Cristi (ENDS 6/21) women only			
7:45 p.m.	#2								
LEISURE POOL									
10 a.m.			Water Exercise Karen						
LAP POOL									
9 a.m.			Senior Swim Instructor Rotation	Senior Swim Senior Volunteer	Senior Swim Instructor Rotation	Senior Swim Senior Volunteer	Senior Swim Instructor Rotation		
10 a.m.			Senior Swim Instructor Rotation		Senior Swim Instructor Rotation	Aqua Zumba \$ (10:15A)Angela (ENDS 6/21)	Senior Swim Instructor Rotation	Water Exercise Karen	
6 p.m.			Water Exercise Karen	Water Exercise Karen		Water Exercise Amy			
TIME									
10 a.m.			Senior Chair* Marie						*Must register via the Senior Center

Rev. 5/16/12

SCHEDULE SUBJECT TO CHANGE. THERE IS A MINIMUM CLASS PARTICIPATION LEVEL FOR ALL CLASSES.
Classes are 60 minutes unless stated otherwise. Specialty class (\$) are an additional fee.