

FORD COMMUNITY & PERFORMING ARTS CENTER -AEROBIC SCHEDULE - OCTOBER 17-31, 2010

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIME	AEROBIC STUDIO 1						
	AEROBIC STUDIO 2 (SHADED GRAY)						
5:40 a.m.		Cycle Michael	Yoga Jenny	Cycle Jenny	Boot Camp Jenny		
7:30 a.m.		Bosu Strength & Core Melanie					
			Body Sculpt Jenny		Body Sculpt Jenny		
8:15 a.m.							Boot Camp Jen
9 a.m.	Step Max	Step Maureen	Zumba Toning \$ Andrea		Kick Boxing Maureen		
						Cardio Interval Maureen	
9:35 a.m.							Body Sculpt Jen
9:45 a.m.							Zumbatomic (11-15yr) \$ Andrea
10:15 a.m.	Cycle Michael	Body Sculpt Maureen	Cycle Michael	Zumba \$ Andrea	Mat 101 Pilates \$ Maureen	Cycle Michael	
11 a.m.							Zumba \$ Andrea
11:30 a.m.			Yoga Sandy			Yoga Sandy	
		Senior Strength Jim		Senior Strength Jim		Senior Strength Andrea	
12:45 p.m.						DPS	
1:30 p.m.			DMC				
4:15 p.m.		Zumbatomic (5-10yr) \$ Andrea		Zumbatomic(11-15yr) \$ Andrea			
5:15 p.m.		Zumba Toning \$ Andrea	Yoga Raluca	Mat 101 Pilates \$ Sandy	Yoga Raluca		
		Cycle Jen		Boot Camp Cristi	Cycle Jen		
5:45 p.m.			Zbox \$ Cristi				
6:45 p.m.		Body Sculpt Jen	Int./Step Cristi	Body Sculpt Jen			
7 p.m.		Tang Soo Do Karate \$ John Sczomak	Belly Dancing \$ Doha	Tang Soo Do Karate \$ John Sczomak			
7:30 p.m.					Zumba \$ Andrea		

LEISURE POOL

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 a.m.			Water Exercise Karen				

LAP POOL

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.		Senior Swim Andrea		Senior Swim Bella		Senior Swim Andrea	
9:30 a.m.			Senior Swim Senior Volunteer		Senior Swim Senior Volunteer		
10 a.m.		Senior Swim Doha		Senior Swim Doha		Senior Swim Andrea	Water Exercise Karen
6 p.m.		Water Exercise Karen	Water Exercise Karen				

TRACK

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 a.m.		Senior Chair* Andrea		Senior Arthritis* Bella		Senior Chair* Maureen	*Classes are full. Drop-in is not available for these classes.

Aerobic Studio #1
Aerobic Studio #2

SCHEDULE SUBJECT TO CHANGE

updated 10/15 @ 10:30 a.m.