

Spring 2019 Aerobics Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|--|--|--|
| Morning Fitness 6:30-7:15am <i>Marylou</i> | Metafit 5:15-6:00am <i>Melissa</i> | Cardio Cross 5:30-6:30am (Gymnasium) <i>Diane</i> | HEAT/HIIT 5:15-6:00am <i>Julie</i> | Morning Fitness 6:30-7:15am <i>Marylou</i> | Cardio Cross 7:00-8:00am (Gymnasium) <i>Diane</i> | Step Intervals 8:15-9:15am <i>Judy</i> |
| Muscle Express 8:00-8:30am <i>Judy</i> | Power Pump 8:30-9:20am <i>Judy</i> | Morning Fitness 6:30-7:15am <i>Marylou</i> | Sculpt & Tone 8:45-9:45am <i>Heidi</i> | Power Express 8:00-8:35am <i>Judy</i> | Triple Play 8:00-9:00am <i>Judy</i> | Soul Synthesis 9:30-10:20am <i>Mel</i> |
| Core Step 8:45-9:45am <i>Judy</i> | Power Pump 9:30-10:20am <i>Ashley</i> | Power Pilates 8:00-8:45am <i>Tina</i> | Senior Yoga Stretch 11:15-12:00pm (Gymnasium) <i>Lena</i> | Step Intervals 8:45-9:45am <i>Judy</i> | Power Pump 9:15-10:15am <i>Tracy</i> | |
| Metafit 9:15-10:00am (Racquetball Court) <i>Nikki</i> | Senior Yoga Stretch 11:00-11:45am (Gymnasium) <i>Lena</i> | Tabata Circuit 9:15-10:15am <i>Diane/Heidi</i> | Zumba 4:45-5:30pm <i>Lena</i> | Yogalates 10:00-11:00am <i>Donna</i> | Restorative Yoga 10:30-11:30am <i>Chantal/Lesley</i> | |
| Fitness Yoga 10:00-11:00am <i>Judy</i> | Zumba 4:45-5:30pm <i>Lena</i> | Mind Body Fusion 10:20-11:20am <i>Lena</i> | Hatha Yoga 5:45-6:45pm <i>Lena</i> | Silver Sneakers Cardio 11:15-12:00pm (Gymnasium) <i>Laurie/Donna</i> | | |
| Zumba Gold 11:15-12:00pm <i>Lena</i> | HCC (Hard Core Circuits) 5:45-6:45pm <i>Heidi</i> | Silver Sneakers Muscular Strength 11:30-12:15pm (Gymnasium) <i>Laurie</i> | Metafit 6:00-6:45pm (Racquetball Court) <i>Shaunna</i> | Bootcamp 3:30-4:30pm <i>Kristine</i> | | |
| HEAT 3:30-4:30pm <i>Kristine</i> | Cardio Pump 7:00-8:00pm <i>Lora Lee</i> | Circuit Training 3:30-4:30pm <i>Kristine</i> | Power Pump 7:00-8:00pm <i>Tracy</i> | | | |
| Cardio Intervals 5:45-6:45pm <i>Heidi/Lora Lee Sue/Diane</i> | | Muscle Mix 5:45-6:45pm <i>Sue</i> | | | | |
| Hatha Yoga 7:00-8:00pm <i>Lesley</i> | | Pilates 7:00-8:00pm <i>Kate</i> | | | | |

