

2018 Spring Aerobic Schedule

Classes and teachers subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10am	Power Tone Nikke	Yoga Jenny	Power Tone Liz G.				
6:10am	Cardio & Core Jenny	Power Tone Andrea P.	Hi Lo Power Jenny	Pilates Torri	Powertone Jill		
6:10am Blue Gym	Strong® Andrea		Boot Camp Karmel				
7:10am						Turbo Kick® Liz H.	
8:10am	Power Tone Tish	Zumba® Leslie	Multi Step Liz H.	Hi Lo Power Tish	Yoga Joani	Power Tone Liz H.	
9:10am	Turbo Kick® Tish	Step & Tone Jill	Pilates & Barre Sheri	Zumba® Katrina	Hi Lo Power Kristi	Step Kristi	
9:10am Blue Gym	Barre Cecilee	Strong® Janene	Turbo Kick® Ericka				
10:10am	Yoga Mandy	Gentle Yoga Joani	CardioTone Sheri	Yoga Wendy	Zumba® Tiffany	Zumba® Patti	10:00am Yoga Calvin/Tiffany/ Mandy 90 min
11:10am	Silver Sneakers Classic Torri	Silver Sneakers Yoga Joani	Silver Sneakers Circuit Sheri	Silver Sneakers Yoga Heather	Silver Sneakers Classic Andrea	Yoga Staff	
4:30pm	Zumba® 4 Kids (ages 5 & up) Katrina	Yoga 4 Kids (ages 5 & up) Joani	Skills & Drills (ages 5 & up) Linda/Christi				
5:10pm	Zumba® Katrina		Zumba® Patti				
6:10pm	Yoga Calvin	Power Tone Liz H.	Yoga Brittany	Turbo Kick® Liz H.			
7:10pm	Step Nikke	Strong® Linda	Step Kristi	Power Tone Erika			
8:10pm	Pilates Torri	Yoga Calvin	Powertone Kristi	Yoga Amy			
9:10pm	Zumba® Patti	Zumba® Tiffany	Zumba® Leslie	Zumba® Leslie			