

Aerobics Schedule

Winter 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Circuit Training Laura	Cardio Core Lisa	Circuit Training Laura	Total Body Fix Lisa	Pilates Kathryn	
	Cycling Sarah	Cycling Clint	Cycling Gina	Cycling Clint		
6:30 am						Cycling Clint
7:45 am						Cycling Annette
8:00 am	Stretch & Strengthen Bethne	Barre None Andrea	Stretch & Strengthen Bethne	Barre None Andrea		Yoga Jennifer
9:00 am	Power Pump Bethne	Circuit Training Barb	Power Pump Bethne	Advanced Step Barb	Pilates Nancy	Zumba Kristi
	Cycling Sarah	Cycling Nancy	Cycling Andrea	Cycling Nancy		Cycling Sarah
10:00 am	Keep it Movin' Bethne	Yoga Angie	Keep it Movin' Bethne	Yoga Angie	Zumba Kristi	
10:15 am						Interval/Pump Paula
5:00 pm			Exclusively Core* Nancy			
5:30 pm	Pump Express* Nancy		Pump Express* Nancy	STRONG (BZ) Express Tess		
6:00 pm	Cardio Kickboxing Nancy	Power Pump Paula	Cardio Kickboxing Nancy	Power Pump Tessa		
	Cycling Kellie	Cycling Annette	Cycling Kellie	Cycling Annette		
7:00 pm	HIGH Trenton	Zumba Jaron	HIGH Trenton	Zumba Jaron		
8:00 pm		Yoga Jennifer		Yoga Jennifer		