

February Aerobics 2012

* Classes are subject to change.

Mon	Tue	Wed	Thu	Fri			
<p>REMINDER: CHILDREN UNDER THE AGE OF 13 MAY NOT PARTICIPATE OR BE IN THE CLASS ROOM WHILE CLASS IS IN SESSION. PLEASE MAKE OTHER ARRANGEMENTS FOR YOUR CHILDREN.</p>		1. 9:15 AM Cardio Pump 10:30 AM Spin ** 5:15 PM Hip Hop Yoga 6:30 PM Zumba Toning	2. 9:15 AM Yoga 10:30 AM Zumba 5:15 PM Spin ** 6:30 PM Zumba	3 9:15 AM Spin ** 10:30 AM Core 5:15 Zumba	4. 9:00AM Spin **		
		6. 9:15 AM Cardio Fit 10:30 AM Spin Sculpt ** 5:15 PM Yoga Sculpt 6:30 Zumba	7. 9:15 AM Yoga 10:30 AM Zumba 5:15 PM Spin ** 6:30 PM Zumba	8. 9:15 AM Cardio Pump 10:30 AM Spin ** 5:15 PM Hip Hop Yoga 6:30 PM Zumba Toning	9. 9:15 AM Yoga 10:30 AM Zumba 5:15 PM Spin ** 6:30 PM Zumba	10. 9:15 AM Spin ** 10:30 AM Core 5:15 Zumba	11. 9:00AM Spin **
		13. 9:15 AM Cardio Fit 10:30 AM Spin Sculpt ** 5:15 PM Yoga Sculpt 6:30 Zumba	14. 9:15 AM Yoga 10:30 AM Zumba 5:15 PM Spin ** 6:30 PM Zumba	15. 9:15 AM Cardio Pump 10:30 AM Spin ** 5:15 PM Hip Hop Yoga 6:30 PM Zumba Toning	16. 9:15 AM Yoga 10:30 AM Zumba 5:15 PM Spin ** 6:30 PM Zumba	17. 9:15 AM Spin ** 10:30 AM Core No Evening Classes Facility is open from 9:00AM-5:00PM	18. 9:00AM Spin **
		20. NO CLASSES PRESENTS DAY Facility is open from 9:00AM-5:00PM	21. 9:15 AM Yoga 10:30 AM Zumba 5:15 PM Spin ** 6:30 PM Zumba	22. 9:15 AM Cardio Pump 10:30 AM Spin ** 5:15 PM Instructors Choice 6:30 PM Zumba Toning	23. 9:15 AM Yoga 10:30 AM Zumba 5:15 PM Spin ** 6:30 PM Zumba	24. 9:15 AM Spin ** 10:30 AM Core 5:15 Zumba	25. 9:00AM Spin **
		27. 9:15 AM Cardio Fit 10:30 AM Spin Sculpt ** 5:15 PM Instructors Choice 6:30 Zumba	28 9:15 AM Yoga 10:30 AM Zumba 5:15 PM Spin ** 6:30 PM Zumba	29. 9:15 AM Cardio Pump 10:30 AM Spin ** 5:15 PM Instructors Choice 6:30 PM Zumba Toning			

****Please sign up for all spin classes 24 hours in advance by calling 772-4936.**