



FITNESS SCHEDULE

Aerobics Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boxing	7-8 am	7-8 am	7-8 am	7-8 am	7-8 am
Silver Sneakers In North Gym	8:00-8:50am	8:00-8:50am	8:00-8:50am	8:00-8:50am	8:00-8:50am
Mix It Up!		8:15-9:15am		8:15-9:15am	
Totally Toned		12:15-12:45pm		12:15-12:45pm	
Stability Ball	5:00-5:30pm		5:00-5:30pm		
Zumba		5:30-6:20pm		5:30-6:20pm	
Power Pump	5:30-6:30pm		5:30-6:30pm		
Full Body Circuit Training		6:30-7:20pm		6:30-7:20pm	

WATER AEROBICS

Aqua Motion w/ Mavis	9:00-9:45am	9:00-9:45am	9:00-9:45am	9:00-9:45am	9:00-9:45am
Aqua Salsa	9:45-10:30am		9:45-10:30am		
Aqua Motion		10-10:50am		10-10:50am	10-10:50am