

Aerobics Schedule Upstairs Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	Pilates Mat Flex Ball <i>Mary Ann/Virginia</i>		Pilates Mat Flex Ball <i>Mary Ann/Virginia</i>		Pilates Mat Flex Ball <i>Mary Ann/Virginia</i>	
8:00am						Zumba <i>Lourdes</i>
8:30am	Zumba <i>Kelly</i>	Power Pump <i>Mary Ann</i>	Zumba <i>Kelly</i>	Power Pump <i>Mary Ann</i>	Zumba <i>Lourdes</i>	
9:00am						Step <i>Lourdes</i>
9:30am	Step <i>Lourdes</i>	Ageless Flexibility <i>Mary Ann</i>	Step <i>Lourdes</i>	Ageless Flexibility <i>Mary Ann</i>	Step <i>Lourdes</i>	
10:45am	Silver and Fit <i>Suzi</i>		Silver and Fit <i>Suzi</i>		Silver and Fit <i>Virginia</i>	
4:15pm	Zumba <i>Mary Ann</i>		Zumba <i>Lourdes</i>		*Gymnastics 3-4 and 4-5 <i>Kim</i>	
5:30pm	*Tae Kwon Do <i>Cary</i>				*5:00-8:30 Tae Kwon Do <i>Cary</i>	Dance <i>Hector</i> (6:00-7:00)
6:30pm	*Tae Kwon Do <i>Cary</i>	*Fencing <i>Pat</i>	*6:00 Tae Kwon Do <i>Cary</i>	*Fencing <i>Pat</i>		Dance Social <i>Hector</i> (7:00-9:00)

Aerobics Schedule Downstairs Room

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am		Yoga <i>Liz</i>		Yoga <i>Liz</i>	
8:00am	Yoga <i>Barbara</i>		Yoga <i>Kelly</i>		Yoga <i>Barbara</i>
12:30pm		Mahjong		Bridge	
1:00pm					
4:00pm					
5:30pm		Yoga <i>Kelly</i>	Dance <i>*Hector</i>	Yoga <i>Kelly</i>	
Pool Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
9:30a-10:30a		Water Aerobics <i>Lourdes</i>		Water Aerobics <i>Lourdes</i>	
12-1pm	Water Aerobics <i>Suzy</i>		Water Aerobics <i>Suzy</i>		

Week of: _____