



# GROUP EXERCISE - WINTER SCHEDULE

Effective: December 12, 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Stretch &amp; Tone</b> w/ Keyona 7:00am – 8:00am	<b>*Hi &amp; Lo Aerobics</b> w/ Barbara 7:15am – 8:15am	<b>*Muscle Conditioning</b> w/ Michelle 9:00am – 10:00am	<b>Stretch &amp; Tone</b> w/ Keyona 7:00am – 8:00am	<b>*Hi &amp; Lo Aerobics</b> w/ Barbara 7:15am – 8:15am	<b>*Boot Camp</b> w/ Lanita 8:00am – 9:00am
	<b>Zumba</b> w/ Melisa 9:30am – 10:30am	<b>Pilates</b> w/ Michelle 5:00pm – 5:45pm	<b>Step It Up</b> w/ Tangela 6:00pm – 6:45pm	<b>*Senior Fitness</b> w/ Michelle 9:00am – 10:00am	<b>Zumba</b> w/ Melisa 9:30am – 10:30am	<b>Kroc Cycle</b> w/ Manny 9:00am – 9:45am
	<b>*Muscle Conditioning</b> w/ Michelle 6:00pm – 7:00pm	<b>Stretch &amp; Tone</b> w/ Michelle 6:00pm – 6:45pm	<b>Zumba</b> w/ Melisa 7:00pm – 8:00pm	<b>*Senior Water Aerobics</b> w/ Ashley 11:00am – 11:50am	<b>Kroc Cycle</b> w/ Manny 6:30pm – 7:15pm	<b>Zumba</b> w/ Melisa 12:00pm – 1:00pm
	<b>*Hard Core Aqua</b> w/ Fred 7:30pm – 8:20pm	<b>Kroc Cycle</b> w/ Manny 7:00pm – 7:45pm		<b>*Water Kick Boxing</b> w/ La'Raine 7:30pm – 8:20pm	<b>*Aqua Boogie</b> w/ La'Raine 7:30pm – 8:20pm	
	<b>*Kick Boxing</b> w/ Tangela 8:00pm – 8:45pm			<b>Step It Up</b> w/ Tangela 8:00pm – 8:45pm	<b>*Kick Boxing</b> w/ Tangela 8:00pm – 8:45pm	

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