

FITNESS AEROBIC CALENDAR

CLASSES FOR JANUARY 3 - FEBRUARY 18 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		CYCLE REEBOK <i>(Complimentary)</i>		CYCLE REEBOK <i>(Complimentary)</i>	CARDIO PUMP <i>(Complimentary)</i>	
7:30am			AOA STRETCH <i>(Complimentary)</i>			
9:30am	BODY BLAST <i>(Complimentary)</i>	CARDIO PUMP <i>(Complimentary)</i>	BODY BLAST <i>(Complimentary)</i>	CARDIO DANCE <i>(Complimentary)</i>	STRENGTHEN & STRETCH <i>(Complimentary)</i>	
10:00am		BEG. YOGA <i>Hegina</i>		BEG. YOGA <i>Hegina</i>		BODY SCULPT <i>(Complimentary)</i>
10:40am	TAI CHI (ARTHRITIS) <i>John</i>		TAI CHI (ARTHRITIS) <i>John</i>			10am TAI CHI (DIABETES) <i>John</i>
12:00pm	BODY BLAST XPRESS <i>(Complimentary)</i>	INTERVAL XPRESS <i>(Complimentary)</i>	CARDIO PUMP XPRESS <i>(Complimentary)</i>	HARD CORE XPRESS <i>(Complimentary)</i>	STRENGTHEN & STRETCH XPRESS <i>(Complimentary)</i>	ZUMBA <i>Morgan</i>
4:30pm	BEG. YOGA <i>Hegina</i>		BEG. YOGA <i>Hegina</i>			
5:00pm	HARD CORE XPRESS <i>(Complimentary)</i>		HARD CORE XPRESS <i>(Complimentary)</i>			
5:30pm	CYCLE REEBOK <i>(Complimentary)</i> KID FIT <i>(Ages 4-8/Ct #3 Complimentary)</i>	TRUE CONDITIONING <i>(Complimentary)</i>	CYCLE REEBOK <i>(Complimentary)</i> KID FIT <i>(Ages 4-8/Ct #3 Complimentary)</i>	PYRAMID POWER <i>(Complimentary)</i>	TRUE CONDITIONING <i>(Complimentary)</i>	
5:30pm		ZUMBA <i>Carley</i> YOGA KID <i>Shelly</i>		ZUMBA <i>Carley</i>		
6:00pm	ADV. YOGA <i>Hegina</i>		ADV. YOGA <i>Hegina</i>			
6:30pm	POWER SCULPT <i>(Complimentary)</i>	BODY SCULPT <i>(Complimentary)</i> ZUMBATOMIC <i>(Ages 4-8 / Rm E Complimentary)</i>		POWER SCULPT <i>(Complimentary)</i> ZUMBATOMIC <i>(Ages 4-8 / Rm E Complimentary)</i>		<i>Complimentary classes need a minimum of 3</i>

Please register in advance at the Welcome Desk for the following classes:

Beginner & Advanced Yoga: Members \$30 / Non-Members \$60

Yoga Kid: Members \$10 / Non-Members \$20

Tai Chi Arthritis: Members \$32.50 / Non-Member \$65

Tai Chi Diabetes: Members \$17.50 / Non-Member \$35

Zumba: Members \$17.50 / Non-Members \$35

TruRunning: Members \$35 / Non-Members \$70

X PRESS Classes are 30 minutes.



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