

## Aerobics Studio Schedule

START DATE: 01/06/2020



| TIME     | Mon                                                                             | Tues                                                                 | Wed                                                                                              | Thurs                                                                                | Fri                                                                                                         | Sat                                                                           | Sun                                                                       |
|----------|---------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| 6:00 AM  |                                                                                 | <b>Pilates</b><br>Aerobics Studio<br>Dorene Mohler<br>6 AM - 6:45 AM |                                                                                                  | <b>Yogalates</b><br>Aerobics Studio<br>Dorene Mohler<br>6 AM - 6:45 AM               |                                                                                                             |                                                                               |                                                                           |
| 7:30 AM  | <b>ZUMBA Aerobics</b><br>Aerobics Studio<br>Amelia Toronjo<br>7:30 AM - 8:15 AM |                                                                      | <b>ZUMBA Aerobics</b><br>Aerobics Studio<br>Amelia Toronjo<br>7:30 AM - 8:15 AM                  |                                                                                      |                                                                                                             |                                                                               |                                                                           |
| 8:00 AM  |                                                                                 |                                                                      |                                                                                                  |                                                                                      |                                                                                                             |                                                                               | <b>Chair Yoga</b><br>Aerobics Studio<br>Beth Rockert<br>8:15 AM - 9:15 AM |
| 8:30 AM  | <b>Yoga</b><br>Aerobics Studio<br>Jen Warmoth<br>8:30 AM - 9:30 AM              | <b>Fit Mix</b><br>Aerobics Studio<br>Amelia Toronjo<br>8 AM - 9 AM   | <b>Yoga</b><br>Aerobics Studio<br>Jen Warmoth<br>8:30 AM - 9:30 AM                               | <b>Fit Mix</b><br>Aerobics Studio<br>Amelia Toronjo<br>8 AM - 9 AM                   | <b>Yoga</b><br>Aerobics Studio<br>Jen Warmoth<br>8:30 AM - 9:30 AM                                          |                                                                               |                                                                           |
| 9:00 AM  |                                                                                 |                                                                      |                                                                                                  |                                                                                      |                                                                                                             | <b>Turbo Step</b><br>Aerobics Studio<br>Tom Beirne<br>9 AM - 10 AM            |                                                                           |
| 9:30 AM  | <b>Step It Up!</b><br>Aerobics Studio<br>Tom Beirne<br>9:30 AM - 10:20 AM       |                                                                      | <b>Step It Up!</b><br>Aerobics Studio<br>Tom Beirne<br>9:30 AM - 10:20 AM                        |                                                                                      | <b>Step It Up!</b><br>Aerobics Studio<br>Tom Beirne<br>9:30 AM - 10:20 AM                                   |                                                                               |                                                                           |
| 10:00 AM |                                                                                 |                                                                      |                                                                                                  |                                                                                      |                                                                                                             | <b>Teen Cardio Dance Mix</b><br>Aerobics Studio<br>Leah Love<br>10:15 - 11 AM |                                                                           |
| 10:30 AM |                                                                                 |                                                                      | <b>Qi Gong for Health and Well-Being</b><br>Aerobics Studio<br>Ruth Kamen<br>10:30 AM - 11:30 AM |                                                                                      | <b>Therapeutic Tai Chi in a Chair</b><br>Aerobics Studio<br>Jennifer Chambers-Schwob<br>10:45 AM - 11:15 AM |                                                                               |                                                                           |
| 11:00 AM |                                                                                 |                                                                      |                                                                                                  |                                                                                      |                                                                                                             | <b>Teen Yoga</b><br>Aerobics Studio<br>Kim Stroud<br>11:15 AM - 12:15 PM      |                                                                           |
| 5:00 PM  |                                                                                 |                                                                      | <b>Active Yoga Flow</b><br>Aerobics Studio<br>Chris Burch<br>5 PM - 6 PM                         | <b>Toning &amp; Strength</b><br>Aerobics Studio<br>Aemelia Gray<br>5:15 PM - 5:45 PM | <b>Dance Mix with Weights &amp; Bands</b><br>Aerobics Studio<br>Leah Love<br>4:45 PM - 5:30 PM              |                                                                               |                                                                           |
| 6:00 PM  | <b>Cardio Kickbox</b><br>Aerobics Studio<br>Joe Begley<br>6:15 PM - 7 PM        | <b>Power Yoga</b><br>Aerobics Studio<br>Kim Stroud<br>6 - 6:45 PM    | <b>Cardio Kickbox</b><br>Aerobics Studio<br>Joe Begley<br>6:15 PM - 7 PM                         | <b>Cardio-Dance Fusion</b><br>Aerobics Studio<br>Leah Love<br>6:00 - 6:45 PM         | <b>Vinyasa Yoga</b><br>Aerobics Studio<br>Chris Burch<br>5:45 PM - 6:45 PM                                  |                                                                               |                                                                           |
| 7:00 PM  | <b>Totally Ab Blast</b><br>Aerobics Studio<br>Joe Begley<br>7 PM - 7:30 PM      |                                                                      | <b>Totally Ab Blast</b><br>Aerobics Studio<br>Joe Begley<br>7 PM - 7:30 PM                       |                                                                                      |                                                                                                             |                                                                               |                                                                           |