

Aerobics Studio Schedule

START DATE: 03/09/2020



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