

Aerobics Studio Schedule

START DATE: 3/15/21



TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Fit Mix Aerobics Studio Amelia 7:30 AM - 8:15 AM	
10:00 AM	Fit Mix Aerobics Studio Candice 10:00 AM - 10:45 AM	Sivananda Yoga Aerobics Studio Deisy 9:45 AM - 10:30 AM		Fit Mix Aerobics Studio Candice 10:00 AM - 10:45 AM		T2 Step Aerobics Studio Emily 8:30 AM - 9:15 AM	
10:45 AM		Stretch-Ability Aerobics Studio Cyndi 10:45 AM - 11:30 AM	Simple Tai Chi (starts April 7th) Aerobics Studio Ruth 10:00 AM - 10:45 AM		Tai Chi Aerobics Studio Jennifer 10:45 AM - 11:15 AM	Mindful Movement (starts April 3rd) Aerobics Studio Ruth 9:30 AM - 10:15 AM	
5:30 PM		Cardio Dance Fusion Aerobics Studio Leah 5:30 PM - 6:15 PM		Modern Dance (\$) Aerobics Studio Lee Ann 1:15 PM - 2:30 PM			
6:15 PM	Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM	High Intensity Intervals Aerobics Studio Tina 6:30 PM - 7:15 PM	Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM	High Intensity Intervals Aerobics Studio Tina 6:30 PM - 7:15 PM			
7:00 PM	Core Conditioning Aerobics Studio Joe 7:00 PM - 7:30 PM		Core Conditioning Aerobics Studio Joe 7:00 PM - 7:30 PM				

\$= Paid class. Sign up and pay in advance at k3ymca.org