

Aerobics Studio Schedule

START DATE: 12/6/19



TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 AM		Pilates Aerobics Studio Dorene Mohler 6 AM - 6:45 AM		Pilates 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 8:30 AM - 9:30 AM	Yoga Aerobics Studio Jen Warmoth 8:30 AM - 9:30 AM	Fit Mix Aerobics Studio Amelia Toronjo 8:30 AM - 9:30 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							
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		
5:00 PM			Active Yoga Flow Aerobics Studio Chris Burch 5 PM - 6 PM		Cardio Dance Mix Aerobics Studio Leah Love 5 PM - 5:45 PM		
6:00 PM	Cardio Kickbox Aerobics Studio Joe Begley 6:15 PM - 7 PM	Vinyasa Yoga Aerobics Studio Beth Rockert 6 PM - 7 PM	Cardio Kickbox Aerobics Studio Joe Begley 6:15 PM - 7 PM		Vinyasa Yoga Aerobics Studio Beth Rockert 6 PM - 7 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				