

# Aerobics Studio Schedule

START DATE: 9/1/21



TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	Morning Yoga Chris 8:30 AM - 9:30 AM	<b>Morning Yoga</b> Chris 8:30 AM - 9:30 AM	<b>Vinyasa Yoga</b> Jen 8:30 AM - 9:30 AM	Morning Yoga Chris 8:30 AM - 9:30 AM	Morning Yoga Chris 8:30 AM - 9:30 AM	<b>Fit Mix</b> Amelia 7:15 AM - 8:15 AM	
	Fit Mix Candice 10:00 AM - 11:00 AM	Sivananda Yoga Deisy 9:45 AM - 10:40 AM		Fit Mix Candice 10:00 AM - 11:00 AM		<b>T2 Step</b> Emily 8:30 AM - 9:15 AM	
		Stretch-Ability Cyndi 10:45 AM - 11:30 AM	Simple Tai Chi/ Yoga Ruth 10:00 AM - 10:45 AM		Simple Tai Chi/ Yoga Ruth 10:00 AM - 10:45 AM		
	Country Fusion Dance SRS \$ Starts 9/13 Rachel 5:15 PM - 6:00 PM	<b>KARATE</b>		<b>KARATE</b>			
PM	Cardio Kickboxing Joe 6:15 PM - 7:00 PM	High Intensity Intervals Tina 6:45 PM - 7:30 PM	Cardio Kickboxing Joe 6:15 PM - 7:00 PM	High Intensity Intervals Tina 6:45 PM - 7:30 PM			
	Core Conditioning Joe 7:00 PM - 7:30 PM		Core Conditioning Joe 7:00 PM - 7:30 PM				

\$= Paid class. Register and pay in advance at member services. Sports & Dance