

Aerobics Studio Schedule

START DATE: 4/19/21



TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30 AM	Vinyasa Flow Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Flow Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Vinyasa Flow Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Flow Yoga Aerobics Studio Chris 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 (until April 27) Aerobics Studio Deisy 9:45 AM - 10:30 AM	Simple Tai Chi / Gentle Yoga Aerobics Studio Ruth 10:00 AM - 10:45 AM	Fit Mix Aerobics Studio Candice 10:00 AM - 10:45 AM	Simple Tai Chi / Gentle Yoga Aerobics Studio Ruth 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				Mindful Movement Aerobics Studio Ruth 9:30 AM - 10:15 AM	
5:30 PM	Cardio Dance with Resistance Bands * Aerobics Studio Leah 5:30 PM - 6:15 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				
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Modern Dance is a Specialty Group Fitness class. Register through member services as a Daxko: Pay-As-You-Go class, with intermediate-to-advanced skills recommended. Cardio Dance with Resistance Bands class starts Monday, May 3rd. Sivananda Yoga runs until April 27.