

Aerobic Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
6:15 AM	Pilates (Paula)		Yoga (Paula)	Lo-Impact (Paula)	Pilates (Paula)	Lo-Impact (Paula)
8:30 AM	Cardio W/ Weights (Wendy)		Yoga For Beginners	Zumba (Andrea)	Yoga For Beginners	Zumba (Julia)
9:00 AM			Int. Yoga		Int. Yoga	
10:00 AM	 (Wendy)			Active & Ageless (Wendy)	 (Wendy)	
5:15 PM	Pilates (Rae)				Pilates (Rae)	
5:30 PM			Combo Hi-Lo (Kelly)	Kickboxing (Kelly or Annissa)		
6:00 PM	Cardio Kickboxing (Annissa)				Sweat/ Sculpt (Sherry)	