

Aerobic/Fitness Class Schedule

Saturday 6/26	Monday 6/28	Tuesday 6/29	Wednesday 6/30	Thursday 7/1	Friday 7/2
No Aerobic Classes	5:30-6:30pm High Intensity Training Chad 6:15-7pm Pilates Lisa 7-7:45pm Interv. Training Kerriann	6:15-7am Spin Kerriann	12-12:45pm Spin Kendal	10-11am Sculpt & Stretch Shelley	
		5:30-6:15pm Spin Christina	5:30-6:30pm High Intensity Training Chad	6:-6:45pm Spin Kendal	
		6-6:45pm Total Body Cond. Shelley	6:00-7pm Interv. Training Kerriann	6:-6:45pm Yoga Cathy	
Sunday 6/27		7-7:50pm Step Cathy	7-7:45pm Cardio Kick Kerriann	7-7:45pm Run/Jog Kendal	
No Aerobic Classes		7-7:45pm Water Aerobics FREE Class Shelley	8- 8:45pm Pilates Shelley	7-7:45pm Water Aerobics FREE Class Shelley	
Saturday 7/3	Monday 7/5	Tuesday 7/6	Wednesday 7/7	Thursday 7/8	Friday 7/9
No Aerobic Classes	MAFC Closed	Spin Kerriann	12-12:45pm Spin Canceled	10-11am Sculpt & Stretch Shelley	
		5:30-6:15pm Spin No Class	5:30-6:30pm High Intensity Training Chad	6:-6:45pm Spin Canceled	
		6-6:45pm Total Body Cond. Shelley	6:00-7pm Interv. Training Kerriann	6:-6:45pm Yoga Cathy	
		7-7:50pm Step Cathy	7-7:45pm Cardio Kick Kerriann	7-7:45pm Run/Jog Canceled	
Sunday 7/4		7-7:45pm Water Aerobics Shelley	8- 8:45pm Pilates Shelley	7-7:45pm Step Cathy	
No Aerobic Classes				7-7:45pm Water Aerobics Shelley	
Saturday 7/10	Monday 7/12	Tuesday 7/13	Wednesday 7/14	Thursday 7/15	Friday 7/16
No Aerobic Classes	5:30-6:30pm High Intensity Training Chad 6:15-7pm Pilates Lisa 7-7:45pm Interv. Training Kerriann	6:15-7am Spin Kerriann	12-12:45pm Spin Kendal	10-11am Sculpt & Stretch Shelley	
		5:30-6:15pm Spin No Class	5:30-6:30pm High Intensity Training Chad	6:-6:45pm Spin Kendal	
		6-6:45pm Total Body Cond. Shelley	6:00-7pm Interv. Training Kerriann	6:-6:45pm Yoga Amy	
Sunday 7/11		7-7:50pm Step Sport Interval Amy	7-7:45pm Cardio Kick Kerriann	7-7:45pm Run/Jog Kendal	
No Aerobic Classes		7-7:45pm Water Aerobics Shelley	8- 8:45pm Pilates Shelley	7-7:45pm Step Sport Interval Amy	
				7-7:45pm Water Aerobics Shelley	
Saturday 7/17	Monday 7/19	Tuesday 7/20	Wednesday 7/21	Thursday 7/22	Friday 7/23
No Aerobic Classes	5:30-6:30pm High Intensity Training Chad 6:15-7pm Yoga Amy 7-7:45pm Interv. Training Amy	6:15-7am Spin TBA	12-12:45pm Spin Kendal	10-11am Sculpt & Stretch Shelley	
		5:30-6:15pm Spin TBA	5:30-6:30pm High Intensity Training Chad	6:-6:45pm Spin Kendal	
		6-6:45pm Total Body Cond. Shelley	6:00-7pm Interv. Training Amy	6:-6:45pm Yoga Cathy	
Sunday 7/18		7-7:50pm Step Cathy	7-7:45pm Cardio Kick Amy	7-7:45pm Run/Jog Kendal	
No Aerobic Classes		7-7:45pm Water Aerobics Shelley	8- 8:45pm Pilates Shelley	7-7:45pm Step Cathy	
				7-7:45pm Water Aerobics Shelley	
Saturday 7/24	Monday 7/26	Tuesday 7/27	Wednesday 7/28	Thursday 7/29	Friday 7/30
No Aerobic Classes	5:30-6:30pm High Intensity Training Chad 6:15-7pm Pilates Lisa 7-7:45pm Interv. Training Lisa	6:15-7am Spin Kerriann	12-12:45pm Spin Kendal	10-11am Sculpt & Stretch Shelley	
		5:30-6:15pm Spin Christina	5:30-6:30pm High Intensity Training Chad	6:-6:45pm Spin Kendal	
		6-6:45pm Total Body Cond. Shelley	6:00-7pm Interv. Training Kerriann	6:-6:45pm Yoga Cathy	
Sunday 7/25		7-7:50pm Step Cathy	7-7:45pm Cardio Kick Kerriann	7-7:45pm Run/Jog Kendal	
No Aerobic Classes		7-7:45pm Water Aerobics Shelley	8- 8:45pm Pilates Shelley	7-7:45pm Step Cathy	
				7-7:45pm Water Aerobics Shelley	