

# Aerobic/Fitness Class Schedule

Saturday 7/31	Monday 8/2	Tuesday 8/3	Wednesday 8/4	Thursday 8/5	Friday 8/6	
No Aerobic Classes	5:30-6:30pm <b>High Intensity Training</b> Chad 6:15-7pm <b>Pilates</b> Lisa 7-7:45pm <b>Interv. Training</b> Kerriann	6:15-7am <b>Spin</b> Kerriann	12-12:45pm <b>Spin</b> Kendal	10-11am <b>Sculpt &amp; Stretch</b> Canceled 6:-6:45pm <b>Spin</b> Kendal 6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Run/Jog</b> Kendal 7-7:45pm <b>Yoga</b> Cathy 7-7:45pm <b>Water Aerobics</b> Shelley		
		6:6:45pm <b>Total Body Cond.</b> Shelley	5:30-6:30pm <b>High Intensity Training</b> Chad 6:00-7pm <b>Interv. Training</b> Kerriann	6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Zumba</b> Kerriann 8- 8:45pm <b>Pilates</b> Shelley		
<b>Sunday 8/1</b>		7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Zumba</b> Kerriann 8- 8:45pm <b>Pilates</b> Shelley		
No Aerobic Classes						
Saturday 8/7	Monday 8/9	Tuesday 8/10	Wednesday 8/11	Thursday 8/12	Friday 8/13	
No Aerobic Classes	5:30-6:30pm <b>High Intensity Training</b> Chad 6:15-7pm <b>Yogalates</b> Shelley 7-7:45pm <b>Interv. Training</b> Kerriann	6:15-7am <b>Spin</b> Kerriann	12-12:45pm <b>Spin</b> Kendal	10-11am <b>Sculpt &amp; Stretch</b> Shelley 6:-6:45pm <b>Spin</b> Kendal 6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Run/Jog</b> Kendal 7-7:45pm <b>Yoga</b> Cathy 7-7:45pm <b>Water Aerobics</b> Shelley		
		6:6:45pm <b>Total Body Cond.</b> Shelley	5:30-6:30pm <b>High Intensity Training</b> Chad 6:00-7pm <b>Interv. Training</b> Kerriann	6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Run/Jog</b> Kendal 7-7:45pm <b>Yoga</b> Cathy 7-7:45pm <b>Water Aerobics</b> Shelley		
<b>Sunday 8/8</b>		7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Zumba</b> Kerriann 8- 8:45pm <b>Pilates</b> Shelley		
No Aerobic Classes						
Saturday 8/14	Monday 8/16	Tuesday 8/17	Wednesday 8/18	Thursday 8/19	Friday 8/20	
No Aerobic Classes	5:30-6:30pm <b>High Intensity Training</b> Chad 6:15-7pm <b>Yogalates</b> Shelley 7-7:45pm <b>Interv. Training</b> Kerriann	6:15-7am <b>Spin</b> Kerriann	12-12:45pm <b>Spin</b> Kendal	10-11am <b>Sculpt &amp; Stretch</b> Shelley 6:-6:45pm <b>Spin</b> Kendal 6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Run/Jog</b> Kendal 7-7:45pm <b>Yoga</b> Cathy 7-7:45pm <b>Water Aerobics</b> Shelley		
		6:6:45pm <b>Total Body Cond.</b> Shelley	5:30-6:30pm <b>High Intensity Training</b> Chad 6:00-7pm <b>Interv. Training</b> Kerriann	6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Run/Jog</b> Kendal 7-7:45pm <b>Yoga</b> Cathy 7-7:45pm <b>Water Aerobics</b> Shelley		
<b>Sunday 8/15</b>		7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Zumba</b> Kerriann 8- 8:45pm <b>Pilates</b> Shelley		
No Aerobic Classes						
Saturday 8/21	Monday 8/23	Tuesday 8/24	Wednesday 8/25	Thursday 8/26	Friday 8/27	
No Aerobic Classes	5:30-6:30pm <b>High Intensity Training</b> Chad 6:15-7pm <b>Pilates</b> Lisa 7-7:45pm <b>Interv. Training</b> Kerriann	6:15-7am <b>Spin</b> Kerriann	12-12:45pm <b>Spin</b> Kendal	10-11am <b>Sculpt &amp; Stretch</b> Shelley 6:-6:45pm <b>Spin</b> Kendal 6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Run/Jog</b> Kendal 7-7:45pm <b>Yoga</b> Cathy 7-7:45pm <b>Water Aerobics</b> Shelley		
		6:6:45pm <b>Total Body Cond.</b> Shelley	5:30-6:15pm <b>Spin</b> Christina 6:6:45pm <b>Total Body Cond.</b> Shelley	5:30-6:30pm <b>High Intensity Training</b> Chad 6:00-7pm <b>Interv. Training</b> Kerriann	6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Run/Jog</b> Kendal 7-7:45pm <b>Yoga</b> Cathy 7-7:45pm <b>Water Aerobics</b> Shelley	
<b>Sunday 8/22</b>		7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Zumba</b> Kerriann 8- 8:45pm <b>Pilates</b> Shelley		
No Aerobic Classes						
Saturday 8/28	Monday 8/30	Tuesday 8/31	Wednesday 9/1	Thursday 9/2	Friday 9/3	
No Aerobic Classes	5:30-6:30pm <b>High Intensity Training</b> Chad 6:15-7pm <b>Pilates</b> Kerriann 7-7:45pm <b>Interv. Training</b> Kerriann	6:15-7am <b>Spin</b> Kerriann	12-12:45pm <b>Spin</b> Kendal	10-11am <b>Sculpt &amp; Stretch</b> Shelley 6:-6:45pm <b>Spin</b> Kendal 6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Run/Jog</b> Kendal 7-7:45pm <b>Yoga</b> Cathy 7-7:45pm <b>Water Aerobics</b> Shelley		
		6:6:45pm <b>Total Body Cond.</b> Shelley	5:30-6:30pm <b>High Intensity Training</b> Chad 6:00-7pm <b>Interv. Training</b> Kerriann	6:6:45pm <b>Step</b> Cathy 7-7:45pm <b>Run/Jog</b> Kendal 7-7:45pm <b>Yoga</b> Cathy 7-7:45pm <b>Water Aerobics</b> Shelley		
<b>Sunday 8/29</b>		7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Water Aerobics</b> Shelley	7-7:45pm <b>Zumba</b> Kerriann 8- 8:45pm <b>Pilates</b> Shelley		
No Aerobic Classes						