



AEROBICS/CYCLING

We build strong kids, strong families, strong communities.

2010 Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core Blasts 6:15AM-6:45AM	6:30-7:15AM Cycling* Rebecca	CoreBlasts 6:15AM-6:45AM	6:30-7:15AM Cycling* Rebecca		
9:30-10:30 AM Bodies in Motion		9:30-10:30 AM Interval/STEP Aerobics	9:30-10:30 AM Crystal'ates	9:30-10:30 AM Body Shop	Toning 9:00-10:00 AM
10:00-11:00 AM Water Aerobics w/Crystal	9:30-10:30 AM Crystal'ates	10:00-11:00 AM Water Aerobics w/Crystal	<i>SPINtensity</i> 12:15-1:00 PM Cycling*		<i>SPINtensity</i> 9:15-10:00 AM Cycling*
	<i>SPINtensity</i> 12:15-1:00 PM Cycling*	<i>Adaptive Dance</i> 4:00-4:45			New!!! 10:15-11:30 AM Yoga Brenda D'Angelo
Crystal'ates 5:00-6:00PM	5:15 - 6:15 PM Stretch & Sculpt Sheryl	Crystal'ates 5:00-6:00PM	5:15 - 6:15 PM Stretch & Sculpt Sheryl	<i>CardioBoxing</i> 4:45-6:00PM	
<i>SPINtensity</i> 6:00-6:45PM Cycling*		<i>SPINtensity</i> 6:00-6:45PM Cycling*		6:00-7:15PM Yoga Angela Perry	
<i>CardioBoxing</i> 6:15-7:30PM		NEW!!!! 6:15-7:30PM Yoga Brenda D'Angelo			