

# Aerobics & Cycling Schedule

Updated: 2/2/2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Cycling Jessica	Yoga Shannon	Cycling Laura	Yoga Shannon	Yoga/Stretch Laura	Cycling Bob	
9:00am	Sculpting Jessica	Drums Melanie  Cycling Jessica	Sculpting Stephanie	Cycling Angie	Cycling Angie/Beth	Sculpting Valerie	Step Daniel
10:00am	Zumba Linda  Aqua Aerobics Sandy	Dance Melanie  Aqua Aerobics Michele	Zumba Linda  Aqua Aerobics Sandy	Dance Melanie  Aqua Aerobics Michele	Aqua Aerobics Sandy	Turbo Kick Debby	
11:00am							LaBlast Mark
11:30am		Silver Sneakers Lori	Senior Sculpting Linda	Silver Sneakers Lori	Chair Yoga Carolyn		
4:30pm	Dance Lori C		Dance Lori C				
5:30pm	Turbo Kick Debby  Aqua Aerobics Debbie	Pilates Lisa	Turbo Kick Debby  Aqua Aerobics Debbie	20/20/20 Valerie			
6:00pm	Cycling Kenny		Cycling Kenny				
6:30pm							
7:00pm	Yoga Kenny		Yoga Kenny				

\* Arrive to class no more than ten minutes before the start time

\* Members are expected to wipe down equipment before and after use