

Aerobics & Cycling Schedule

Updated: 11/11/2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
8:00am		Yoga Shannon	Sculpting Sam	Yoga Shannon		Cycling Bob	
9:00am	Sculpting Stephanie	Drums Melanie Cycling Sherry	Cycling Jim	Cycling Angie	Cycling Angie/Beth	Sculpting Valerie	Step Daniel
10:00am	Dance Linda Aqua Aerobics Sandy	Dance Melanie	Dance Linda Aqua Aerobics Sandy	Dance Melanie Aqua Aerobics Michele	Sculpting Linda Aqua Aerobics Sandy	Turbo Kick Debby	
11:00am							LaBlast Mark
11:30am		Silver Sneakers Lori	Senior Sculpting Linda	Silver Sneakers Lori	Chair Yoga MaryAnn	Yoga Kenny	
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 Jenn	Cycling Kenny				
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