

**Spring I Aerobic Class Schedule 2012**  
**All Classes Included with your Y-membership!**

	<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
	<b>Aerobics Room</b>	<b>Gym</b>	<b>Aerobics Room</b>	<b>Gym</b>	<b>Aerobics Room</b>	<b>Gym</b>	<b>Aerobics Studio</b>	<b>Gym</b>	<b>Aerobics Studio</b>	<b>Gym</b>
6:00 am			Zumba Gold 6:30-7:30am Karen				Zumba Gold 6:30-7:30am Karen			
7:00 am				Transformation 730 – 830am Chris				Transformation 730 – 830am Chris		
8:00 am				Super Seniors 830 – 915 am Kayla						
9:00 am	Hi-Lo 915 – 1015am Molly	Super Seniors 900 – 945am Kayla		Abs, Buns, and Guns 930-1030am Kelli	Intermediate Step 915 – 1015 am Molly	MSROM SS 900 – 945 am Donna		Cardio Circuit SS 900 – 945am Marlene	Strength & Endurance 915 – 1015 am Marlene	MSROM SS 900 – 945 AM Donna
10:00 am	Pilates 1030 – 1130am Kelli	MSROM SS 1000 – 1045am Kayla	MSROM SS 1000 – 1045 am Donna		Yoga 1030am – 1130am Heather	Senior Gym 1000 – 1045 am Donna	Abs, Buns, and Guns 930-1030am Kelli	MSROM SS 1000 – 1045 am Donna		Super Seniors 1000 – 1045 Kayla
11:00 am			Fit/Mix 1100 – 1200 pm Donna				Fit/Mix 1100 – 1200 pm Donna			
12:00 pm										
1:00 pm										
2:00 pm										
3:00 pm										
4:00 pm										
5:00 pm	Step Motivation 515 – 615pm Teri	Boot Camp X 530 – 630 pm Franko	Spinning Abs/Arms 530 – 630 pm Sarah	Zumba 530-630 pm Shannon	Step Motivation 515 – 615 pm Teri	Fitness Retro 530 – 630 pm Franko	Spinning Abs/Arms X 530 – 630 pm Franko	Zumba 530 – 630 pm Shannon		Burn 300X 515-615 pm Franko
6:00 pm			Core Fitness 645 – 745 pm Ann Marie			Box & Burn 500 630 – 730 pm Donnie	Total Body Blast 645 – 745 pm Anne Marie			
7:00 pm										

**Saturday 8:00 – 9:00 Zumba**

**Saturday 9:15 – 10:15 Saturday Surprise**