

LAND AEROBICS SCHEDULE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
7:00-8:00 AM							
8:00-9:00 AM	YOGA Instructor: <i>Susan</i>	ZUMBA Tone 8:15-9:00 Instructor: <i>Diana</i>	CARDIO 8:15-9:00 Instructor: <i>Shelly</i>	STEP 8:15-9:00 Instructor: <i>Rhonda</i>	PILATES 8:15-9:00 Instructor: <i>Shelly</i>	ZUMBA 8:00-9:00 Instructor: <i>Joanne</i>	YOGA Instructor: <i>Susan</i>
9:00-10:00 AM	ZUMBA 9:15 Instructor: <i>Krishna</i>	SCULPT Instructor: <i>Reenie</i>	KICK-BOXING Instructor: <i>Angela</i>	SCULPT Instructor: <i>Reenie</i>	CARDIO SCULPT Instructor: <i>Shelly</i>	KICK-BOXING 9:00-10:00 Instructor: <i>Angela</i>	ZUMBA Instructor: <i>Christine</i>
10:00-11:00 AM	SILVER STRETCH Instructor: <i>Elaine</i>	GENTLE STRETCH Instructor: <i>Rhonda</i>	GENTLE STRETCH Instructor: <i>Pam</i>	SILVER SNEAKERS MSROM 10:15-11 Instructor: <i>Diana</i>		ZUMBA 10:00-11:00 Instructor: <i>Rita</i>	
5:30-6:30 PM			INTRO TO ZUMBA 5:30-6:00 Instructor: <i>Aida</i>			KEY INFO: *Please wear the proper attire and footwear. *There will be no admittance once a class has begun.	
6:00-7:00 PM	ZUMBA Instructor: <i>Aida</i>	SCULPT Instructor: <i>Pam</i>	ZUMBA Instructor: <i>Aida</i>	ZUMBA Instructor: <i>Rita</i>	SCULPT Instructor: <i>Essam</i>		
7:00-8:00 PM	KICK BOXING Instructor: <i>Angela</i>	ZUMBA Instructor: <i>Joanne</i>	YOGA 7:30-8:30 Instructor: <i>Katey</i>	SCULPT Instructor: <i>Essam</i>	ZUMBA Instructor: <i>Krishna</i>		