



Aerobic Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 AM	Pilates (Paula)		Yoga (Paula)	Lo-Impact (Paula)	Pilates (Paula)
8:00 AM			Yoga For Beginners (Alison)		Yoga For Beginners (Alison)
8:30 AM			Int. Yoga (Alison)		Int. Yoga (Alison)
9:00 AM	Combo Hi-Lo (Wendy)			Zumba (Andrea)	Step (Wendy)
10:30 AM	 (Wendy)			Active & Ageless (Wendy)	 (Wendy)
4:15 PM	Zumba (Andrea)				
4:30 PM					Basic Step (Rae)
5:15 PM	Pilates (Rae)				Pilates (Rae)
5:30 PM			Combo Hi-Lo (Kelly)	Int/Step (Kelly or Annisia)	
6:00 PM	Combo Hi-Lo (Annisia)				Sweat/ Sculpt (Sherry)