

AEROBICS

JAN FEB MAR APRIL

MON	TUE	WED	THU	FRI
6am Spin Jill		6am Spin Sara		6am Butts & Gutts Jill
9:30am Zumba Chrissy	9:30am Post Baby Jill	9:30am Zumba Chrissy	9:30am Post Baby Jill	9:30am 30 Min Spin Express 30 Min Total Body Lift Jamie
11:30 Athletic Core Conditioning Jen				11:30 Yoga Kristin
4:00 HEAT Niki	4:00 Butts & Gutts Niki	4:00 45 Min Spin 45 Min Body Sculpt Niki	4:00 Total Body Blast Jamie	
5:15pm Zumba Edna	5:15pm Spin Jamie		5:15pm Zumba Toning Jonna	