



Aerobics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Classes			5-30-6:30am Cardio Fusion			
	8:30 -9:30am Group Exercise	8:15-9:45am Body Pump	8:30-9:30am Group Exercise	8:15-9:45am Body Pump	8:30-9:30am Group Exercise	
	9:45-10:45am Silver Sneakers®	9:45-10:45am Senior Aerobics	9:45-10:45am Silver Sneakers®	9:45-10:45am Senior Aerobics	9:45-10:45am Stretch & Tone	9:30-10:30am Group Exercise
		11:00-11:45am Yogalates		11:00-11:45am Yogalates	Yoga Stretch 11:00-11:45am Silver Sneakers®	
	12:05-12:50pm Strong & Stress Free		12:00-1:00pm Yoga		12:05-12:50pm Strong & Stress Free	
Evening Classes	4:30-5:30pm Kick boxing	4:30-5:30pm Kick boxing	4:30-5:30pm Kick boxing	4:30-5:30pm Kick boxing	4:30-5:30pm Kick boxing	
	5:45-6:45pm Step Aerobics	5:30-6:30pm Cardio Fusion	5:45-6:45pm Step Aerobics	5:30-6:30pm Cardio Fusion		
	6:45-7:45pm Advanced Kick boxing		6:45-7:45pm Advanced Kick boxing			

**** Water Aerobics ****

AM Classes	5-30-6:00am Abs in the Water	5:30-6:30am Water Aerobics		5:30-6:30am Water Aerobics		
	6:00-6:30am H2O Sports Conditioning					
	8:30-9:30am Silver Splash®		8:30-10:45am Water Aerobics		8:30-10:45am Water Aerobics	
	9:45-10:45am Arthritis	9:45-10:45am Arthritis	9:45-10:45am Arthritis	9:45-10:45am Arthritis	9:45-10:45am Arthritis	
						10:30-11:30am Water Aerobics
	11:00-12:00pm	11:00-12:00pm	11:00-12:00pm	11:00-12:00pm	11:00-12:00pm	

	Water Aerobics	Water Aerobics	Silver Splash®	Water Aerobics	Water Aerobics	
Evening Classes	5:30-6:30pm	5:30-6:30pm		5:30-6:30pm	Note* If not a member of the LifeCenter must pay \$5 per class	
	Water Aerobics	Water Aerobics		Water Aerobics		