

SEPTEMBER AEROBICS SCHEDULE

MONDAY					
Group X #1			Group X #2		
5:30-6:30am	Y-FIT	Andy			
9:00-9:45am	GROUP CIRCUIT	Nicki	11:00-11:45am	STRETCH & STRENGTH	Dyanna
5:30-6:15	AEROBICS INTERVAL TRAINING	Dyanna			
TUESDAY					
5:30-6:30am	Y-FIT	Andy	9:00-9:45am	SLOWROBICS & STRETCH	Terrie
			10:00-10:45am	YOGA MOTION	Terrie
9:15-10:00am	PILATES	Abby	11:00-11:45am	GENTLE FLOW YOGA	Terrie
			4:30-5:15pm	HEATED PILATES	Abby
			5:30-6:15pm	BALLET BABY CLASS (2-4 yrs. old)	Dyanna
WEDNESDAY					
			10:00-10:45am	BALLET FIT	Dyanna
9:00-9:45am	SCULPT & STRENGTH	Nicki			
			11:00-11:45am	STRETCH & STRENGTH	Dyanna
			5:00-5:50pm	BARRE CLASS	Haley
THURSDAY					
5:30-6:30am	Y-FIT	Andy			
9:10-9:50am	PILATES	Abby	9:00-9:45am	SLOWROBICS & STRETCH	Terrie
10:00-10:45am	LOW IMPACT AEROBICS	Terrie			
3:45-4:10pm	KID'S AEROBICS	Dyanna	11:00-11:45am	GENTLE FLOW YOGA	Terrie
4:15-4:40pm	KID'S AEROBICS	Dyanna			
			5:00-5:45pm	HEALTH IN MOTION	Dyanna
6:00-6:45pm	STRENGTH & CARDIO	Amy			
FRIDAY					
9:00-9:45am	BOUNCE AND TONING	Dyanna	10:00-10:45am	BALLET FIT	Dyanna
			11:00-11:45pm	STRETCH & STRENGTH	Dyanna
SATURDAY					
			9:00-9:50am	BARRE CLASS	Haley

We do not supply Yoga Mats

Make sure you are apart of the Remind App that will update you on class schedule changes