| 11-20-2024 | | Land Ae | erobics Schedu | lie | |
|--|---|---|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 6:15-7:00am (express) Surge Strength w/Anna | 6:15-7:00am(express) HIGH Low w/Anna (small aerobics room) | 6:15-7:00am (express) Surge Strength w/Anna | | 8:00-9:00am Surge Strength w/Anna |
| 8:00-9:00am LaBlast w/Suzanne | 8:00-9:00am Muscle w/Tonja | 6:15-7:00am(express) Seasonal Cycling W/Sierra (Nov 1-Feb 28) | 8:00-9:00am Total Body Strength & Conditioning w/Barb | 7:45-8:30am HIIT w/Barb | 8:00-9:30am Barre w/Tonja (small aerobics room) |
| 9:00-10:00am Peaceful Mind w/Tonja (small aerobics room) | 9:00-10:00am Zumba w/Eva | 8:00-9:00am Cardio Core w/Jacque | 9:00-10:00am Cycle & Tone w/Shannon | 9:00-10:00am Zumba w/Maysa | 9:00-10:00am Zumba w/Maysa |
| 9:00-9:45am (express) Get Fit w/Anna | 9:05-10:00am Yoga w/Tonja (small aerobics room) | 9:00-10:00am Zumba w/Maysa | 10:30-11:30am Active Aging Yoga w/Sara | 10:00-11:00am Yoga w/Maysa | 10:00-11:00am Pop Pilates w/Brittney |
| 10:30-11:30am Active Aging Yoga w/Amber | 5:30-6:30pm Muscle w/Michelle | 10:00-11:00am Yoga w/Maysa | 5:30-6:30pm Tabata w/Michelle | | |
| 5:45-6:30pm (express) Yoga Strong w/Sierra | 6:30-7:30pm Zumba w/Tammy | 1:00-2:00pm Active Aging Yoga w/Amber | 6:30-7:30pm BollyX w/Linda | | Sunday |
| 6:30-7:30pm Barlates w/Brittney J | 6:30-8:00pm Barre w/Tonja (small aerobics room) | 5:30-6:30pm Stronger w/Brittney | 6:30-7:30pm Barre w/Tonja (small aerobics room) | | 10:00-11:00am Yoga w/Elizabeth |
| | | 6:30-7:30pm Zumba w/Michelle or Anna | | | 11:15am-12:15pm Bolly X w/Linda or Merissa |
| | | 6:30-7:30pm Gentle Yoga w/Rolf | | Drop-In Daycare | |
| | Water Asrah | (small aerobics room) | | 8:00-11:00am Mon,Tues,Wed,Fri 5:30-7:30 pm Mon,Tues, Wed 8:00-11:00 am Saturday | Fee: \$3.00 per hour (2 hr ma Age: 8 weeks - 9 Years old *No Daycare on Thursday |
| Monday | | ics Schedule Wednesday | Thursday | Friday | |
| Monday | Tuesday 8:30-9:30am Arthritis w/Shirley | weunesday | Thursday 8:30-9:30am Arthritis w/Shirley | Friday | 8:30-9:30am Water Aerobics w/Janet |
| | 9:45-10:45am Arthritis w/LeAnn 7:00-8:00pm | | 9:45-10:45am Arthritis w/LeAnn 7:00-8:00pm | | 9:30-10:30am Water Aerobics w/Janet |
| | Water Aerobics w/Janet | | Water Aerobics w/Janet | | |