

Land Aerobics Schedule

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	6:30-7:30pm BollyX w/Linda		
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	6:30-8:00pm Barre w/Tonja (small aerobics room)		
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 Zumba w/Michelle or Anna			
		6:30-7:30pm Gentle Yoga w/Rolf (small aerobics room)			

Sunday
10:00-11:00am Yoga w/Elizabeth
11:15am-12:15pm Bolly X w/Linda or Merissa

Drop-In Daycare	
8:00-11:00am Mon,Tues,Wed,Fri	Fee: \$3.00 per hour (2 hr max) Age: 8 weeks - 9 Years old *No Daycare on Thursday
5:30-7:30 pm Mon,Tues, Wed	
8:00-11:00 am Saturday	

Water Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:30am Arthritis w/Shirley		8:30-9:30am Arthritis w/Shirley		8:30-9:30am Water Aerobics w/Janet
	9:45-10:45am Arthritis w/LeAnn		9:45-10:45am Arthritis w/LeAnn		9:30-10:30am Arthritis w/Janet
	7:00-8:00pm Water Aerobics w/Janet		7:00-8:00pm Water Aerobics w/Janet		