

# Aerobic Class Schedule

Updated January , 2018

\*These classes are FREE with membership\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		☀️ AM Classes ↓			
9:30am <b>Aqua Cardio Tone</b> 💧 Barb	9:30am <b>Aqua Cardio Tone</b> 💧 Barb			9:30am <b>Aqua Cardio Tone</b> 💧 Barb	9:30am <b>Aqua Cardio Tone</b> 💧 Barb
9:30am <b>Cardio Line Dance</b> 🕺 Shelia		9:30am <b>Mid-Week Mix</b> 🕺 Shelia		9:30am <b>Full Body Conditioning</b> 🕺 Shelia	10:00am <b>Boot Camp</b> 🏋️ Shea
10:30am <b>Arthritis Aqua</b> 💧 Barb					11:00am <b>Zumba</b> 🕺 Nicole
		🌙 PM Classes ↓			
	5:30pm <b>Power Sculpt &amp; Stretch</b> 🕺 Melinda		5:30pm <b>Cardio Kick</b> 🥊 Shelia		
6:00pm <b>Full Body Aqua</b> 💧 Donna	6:00pm <b>Aqua</b> 💧 Jonelle	6:00pm <b>Aqua</b> 💧 Jonelle	6:00pm <b>Cardio Splash</b> 💧 Donna		
6:30pm <b>Zumba</b> 🕺 Samantha	6:30pm <b>Zumba</b> 🕺 Nicole	6:30pm <b>Zumba</b> 🕺 Naomi			