



Fall AEROBICS ROOM SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6am Muscle Fusion \$		5:30-6am Muscle Fusion \$		
	8:30-9:30am Zumba \$	8-9am Amy's Spin \$		8-9am Amy's Spin \$		
		9:15-10am Muscle Fusion \$		9:15-10am Muscle Fusion \$		
	9:45-10:45am Pilates \$		9:45-10:45am Senior Strength Training \$		9:45-10:45am Pilates \$	
		10:15-11:15am Amy's Spin \$		10:15-11:15am Amy's Spin \$		10-11am Tai Chi \$
		11:15am Mixed Level Yoga \$	10:45-11:45am Zumba \$	11:15am Senior Strength Training \$		
	12-1pm 30/30 Bike & Build		12-12:45pm 30/30 Cardio Core		12-1pm 30/30 Bike & Build	
			4:15-5:15pm 30/30 Bike & Tone			
	5:30-6pm Muscle Pump		5:30-6pm Muscle Pump	5:30-6pm Muscle Pump		
	6:30-7:30p Little Dragons \$		6:30-7:30p Little Dragons \$	6:10-7:40pm Yoga \$		
	7:30-8:30p Tae Kwon Do \$		7:30-8:30p Tae Kwon Do \$			

*Schedule is subject to change depending on class attendance and availability of updated classes.
The "\$" signifies that there is a fee associated with the class.*

**Dan Kinney also has Wellbeats, a virtual aerobic class system, for members to enjoy at their leisure outside of the above times. We can start the classes upon request. Wellbeats is free and classes range from 20-50 minutes in length. The classes included within Wellbeats can meet a variety of fitness goals. Regardless of your age or ability, there is a class for you!
Please call Jordan at 891-1509 for more information!**