



JUNE AEROBICS ROOM SCHEDULE



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

*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.*