



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aerobic Room 2 - May 2012 MARSHALL

NEWS

Trekking:

Held on Treadmills

9:30 AM (30 minutes)

Monday/Thursday

Fee associated with
all Boot Camp classes:

New session starts
the week of April 9

All classes are 60
minutes unless noted

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 AM		Instructional Yoga <i>Jessica</i>				Pilates <i>Adonna/Joy</i>	
9:00 AM	Pilates <i>Joy</i>		Beginners Yoga <i>Jessica</i>		Pilates <i>Heather</i>		
9:45 AM		Yoga <i>Jessica</i>				Yoga <i>Rae</i>	
10:00 AM			Yoga <i>Jessica</i>		Pilates <i>Adonna</i>		
10:15 AM	Gliding/Abs <i>Teresa</i>			Gliding/Abs <i>Teresa</i>			
11:00 AM	Home school Kidz Kardio <i>Julie/Hayley</i>	Bible Study	Home school Kidz Kardio <i>Julie/Hayley</i>	Zumba <i>Tamika</i>	Cardio Express (45) <i>Sohailla</i>		
12:00 PM	Ab Blast (30) <i>Julie</i>		Ab Blast (30) <i>Julie</i>		Ab Blast (30) <i>Sohailla</i>		
1:00 PM	Stretch/Flex (45) <i>Sandra</i>			Stretch/Flex (45) <i>Sandra</i>			
4:30 PM				Pilates <i>Sandra</i>			
4:45 PM	All About Abs (45) <i>Tracy</i>	Kidz Kardio (45) <i>Hayley/Jason</i>					
5:30 PM	Pilates <i>Adonna</i>	Pilates <i>Jessica</i>		Yoga <i>Rae</i>			
5:45 PM			Beginner's Yoga <i>Rae</i>				



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aerobic Room 1 - May 2012 MARSHALL

NEWS

Trekking:

Held on Treadmills

9:30 AM (30 minutes)

Monday/Thursday

Fee associated with
all Boot Camp classes:

All classes are 60
minutes unless noted

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Boot Camp (Fee) <i>Jason</i>	Total Strength <i>Kristen</i>	Boot Camp (Fee) <i>Jason</i>	Total Strength <i>Tracy</i>	Boot Camp (Fee) <i>Kristen</i>		
7:00 AM							
8:30 AM						Boot Camp (Fee) <i>Scotia/Gloria</i>	
8:45 AM		Strength/Bosu <i>Michelle</i>		Zumba <i>Lynn</i>			
9:00 AM	Strength Blast <i>Dana R.</i>		Steptacular <i>Dana R.</i>		Steptacular <i>Dana/Maggie</i>		
9:45 AM		Cardio Blast <i>Ellen</i>					
10:00 AM	Total Strength <i>Sohailla</i>		Total Strength <i>Teresa</i>	Total Strength <i>Mikki</i>	Total Strength <i>Teresa</i>	Zumba <i>Lynn</i>	
11:00 AM	Zumba <i>Lupita</i>	Silver Sneakers® Muscular Strength- <i>Ellen</i>	Zumba <i>Lupita</i>	Silver Sneakers® Muscular Strength - <i>Michelle</i>	Zumba (45) <i>Lupita</i>	Total Strength <i>Kristen/Tracy</i>	
12:00 PM	Silver Sneakers® Cardio Circuit- <i>Linda</i>	Silver Sneakers® Yoga Stretch- <i>Ellen</i>	Silver Sneakers® Cardio Circuit- <i>Linda</i>	Silver Sneakers® Yoga Stretch- <i>Ellen</i>	Silver Sneakers® Cardio Circuit- <i>Linda</i>		
1:00 PM	Fit After 50 <i>Julie</i>	Zumba <i>Lynn</i>	Fit After 50 <i>Ellen</i>	Line Dancing <i>Linda</i>	Fit After 50 <i>Margit</i>		
2:00 PM	Silver Sneakers® Cardio Circuit- <i>Margit</i>	Line Dancing <i>Linda</i>	Silver Sneakers® Cardio Circuit- <i>Margit</i>				

