

AEROBICS SCHEDULE

CLASS	MONDAY	TIME
INTERVAL TRAINING	EVANS	6:00 AM – 7:00 AM
SS CARDIO CIRCUIT	CORA	7:00 AM – 8:00 AM
SS CARDIO FIT	CORA	10:00 AM – 11:00 AM
CIRCUIT TRAINING	GAIL	4:30 PM – 5:30 PM
AEROBICS	CORA	6:00 PM – 7:00 PM

CLASS	TUESDAY	TIME
INTERVAL TRAINING	EVANS	6:00 AM – 7:00 AM
PILATES	GINA	8:30 AM – 9:30 AM
SILVER SNEAKERS	GINA	10:00 AM – 11:00 AM
CIRCUIT TRAINING	GAIL	4:30 PM -5:30 PM
AEROBICS	CORA	5:30 PM- 6:30 PM
ZUMBA	GAIL	6:30 PM- 7:30 PM

CLASS	WEDNESDAY	TIME
INTERVAL TRAINING	EVANS	6:00 AM – 7:00 AM
SS CARDIO	CORA	7:00 AM – 8:00 AM
LINE DANCING	GINA	9:15 AM – 10:15 AM
**CHAIR AEROBICS	GINA	10:30 AM – 11:30 AM
CIRCUIT TRAINING	GAIL	4:30 PM – 5:30 PM
AEROBICS	CORA	6:00 PM- 7:00 PM

CLASS	THURSDAY	TIME
INTERVAL TRAINING	EVANS	6:00 AM – 7:00 AM
SILVER YOGA	GINA	9:00 AM – 10:00 AM
ZUMBA	GAIL	10:00 AM – 11:00 AM
LINE DANCING	GINA	2:00 PM -3:00 PM
YOGA	CORA	5:30 PM- 6:30 PM

CLASS	FRIDAY	TIME
INTERVAL TRAINING	EVANS	6:00 AM – 7:00 AM
SS CARDIO FIT	CORA	10:00 AM – 11:00 AM
KICKBOXING	GAIL/CORA	5:30 PM – 6:30 PM

CLASS	SATURDAY	TIME
MORNING WEIGHT CIRCUIT	MILNER/MOHAMMED	10:00 AM – 11:00 AM