

Wellness Center



Aerobics Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 a.m. - 6:15 a.m.	STEP	INDOOR CYCLING	STEP	INDOOR CYCLING	STEP	CLOSED
6:15 a.m. - 7:15 a.m.						
7:15 a.m. - 8:00 a.m.						
8:00 a.m. - 9:00 a.m.	STEP WITH WEIGHTS	HI / LO AEROBICS WITH ABS	HI / LO WITH WEIGHTS	STEP WITH ABS	BODY SCULPT	
9:00 a.m. - 10:00 a.m.	YOGA	YOGA		YOGA		INDOOR CYCLING
10:00 a.m. - 11:00 a.m.	SIMPLY STRETCHING		SIMPLY STRETCHING		SIMPLY STRETCHING	
11:00 a.m. - 12:00 p.m.	Parkinson's Exercise		Parkinson's Exercise		Parkinson's Exercise	
12:15 p.m. - 12:45 p.m.		PILATES	PILATES	PILATES		
12:45 p.m. - 1:45 p.m.	Cardio Spin (Video)		Spin & Slim (Video)		Spin Circuit (Video)	
1:45 p.m. - 2:45 p.m.	Cardio Spin (Video)		Spin & Slim (Video)		Spin Circuit (Video)	CLOSED
2:45 p.m. - 3:45 p.m.	Cardio Spin (Video)		Spin & Slim (Video)		Spin Circuit (Video)	CLOSED
3:45 p.m. - 4:15 p.m.	Circuit Training					CLOSED
4:15 p.m. - 5:00 p.m.			Circuit Training			
5:30 p.m. - 6:30 p.m.	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	CLOSED

For more information, please call the Wellness Center at 601.399.0530.