

Wellness Center Aerobic Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM 9:00 AM	Core (Cathy)	Flab to Firm (Diane)	Step- Floor Aerobics/Abs (Diane)	Flab to Firm (Diane)	
9:00 AM 10:00 AM	YOGA (Gayle)	YOGA (Catherine)	YOGA (Gayle)		YOGA (Gayle)
10:00 AM 11:00 AM	Stretch	Sculpt & Cardio (Angela)	Stretch	Sculpt & Cardio (Angela)	Stretch
11:00 AM 12:00 PM	Parkinson's (Kourtney)		Parkinson's (Kourtney)		Parkinson's (Kourtney)
12:00 PM 1:00 PM	PiYo (Cathy)	Pilates (Cathy)	Pilates (Cathy)	Pilates (Cathy)	
1:00 PM 2:00 PM	FUN ctional Fitness (Taylor)		FUN ctional Fitness (Taylor)		FUN ctional Fitness (Taylor)
4:15 PM 5:15 PM		Barre (Emily)		Barre (Emily)	
4:30 PM 5:30 PM	Sculpt & Cardio (Angela)		Sculpt & Cardio (Angela)		
6:30 PM 7:30 PM	Arms & Abs (Maranda)				

TIME	MONDAY SPIN	TUESDAY SPIN	WEDNESDAY SPIN	THURSDAY SPIN	FRIDAY SPIN
6:00 AM	Indoor Cycling (Chris)		Indoor Cycling (Chris)		Indoor Cycling (Chris)
5:30 PM	Indoor Cycling (Melodye)	Indoor Cycling (Melodye)		Indoor Cycling (Melodye)	