

Land Aerobics Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 Yoga Kathy		5:30-6:30 Yoga Kathy	5:30-6:15 Morning Mix Cardio Becky		
8:30-9:30 Moring Mix Cardio Jill	8:30-9:30 Muscle Ex Jill	8:30-9:30 Zumba* Becky	8:30-9:30 Muscle Ex Judy	8:30-9:30 SWEAT/HIIT Jill	8:30-9:30 BodyPump* Justin/Becky
9:30-10:15 SilverSneakers Boom Move Becky	9:45-11:00 Pilates/Roller Judy			9:45-10:30 SilverSneakers Circuit Becky	10:00-11:00 Circuit Frank
10:00-11:00 Tai Chi Kevin		10:30-11:30 Tai Chi Kevin			
12:15-1:00 PiYo* Becky	12:15-12:45 Body Pump* Justin	12:00-1:00 Will Power Hour Jill/Becky/Tina	12:15-12:45 Body Pump* Justin	12:15-1:00 PiYo* Becky	
	1:00-1:45 SilverSneakers Classic Tina		1:00-1:45 SilverSneaker Circuit Tina		
5:30-6:30 Circuit 1 & 3 Body Pump 2 & 4 & 5 Tiffany/Becky	5:30-6:30 Zumba* Tiffany	5:45-6:45 Strong by Zumba* Tiffany	5:30-6:30 Zumba* Tiffany		
6:30-7:30 Yoga (racquet ball room) Adi	6:30-7:30 Tai Chi (SACC room) Kevin	6:30-7:30 Yoga (racquet ball room) Adi	6:30-7:30 Tai Chi (SACC room) Kevin		
8:00-8:30 Restorative Yoga Adi		8:00-8:30 Restorative Yoga Adi			

Revised 1-7-2019

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