

2008 SUMMER AEROBICS SCHEDULE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM		6:00-7:00 AM INTERVAL TRAIN (MEREDITH)			6:00-7:00 AM INTERVAL TRAIN (MEREDITH)		
7:30 AM	7:30-8:30 AM TONE-N-TIGHT (JEANNETTE)	7:00-7:45 AM TONE/STRETCH (KAREN)	7:30-8:30 AM TONE-N-TIGHT (JEANNETTE)	7:30-8:00 AM TONING (KAREN)	7:30-8:15AM TONE-N-TIGHT (JEANNETTE)		
7:30 AM					7:30-8:15 PM TAI CHI (TONI)		
8:00 AM				8:00-9:00 AM STRETCH (KAREN)			
9:00 AM	9:00-10:00 AM HI-LO AEROBIC (LINDA)	9:00-10:00 AM CARDIO STRENG (ELLEN)	9:00-10:00 AM STEP-INTERVAL (LINDA)	9:00-9:30 AM BASIC DBL STEP (ELLEN)	9:00-10:15 AM STEP (LINDA)	9:00-10:00 AM TONE-N-TIGHT (ELLEN)	
9:00 AM	9:00-10:15 AM BASIC YOGA (SUSAN)	9:00-10:15 AM PILATES (DOREEN & JAN)	9:00-10:15 AM BASIC YOGA (TOLISA)	9:00-10:15 AM PILATES (DOREEN & JAN)	9:00-10:15 AM BASIC YOGA (DOREEN)		9:00-9:30 AM BASIC DBL STEP (ELLEN)
9:30 AM				9:30-10:00 AM BANDS/BALLS (ELLEN)			9:30-10:00 AM BANDS/BALLS (ELLEN)
10:00 AM						10:00-11:00 AM YOGA MIX (JAN/DOREEN)	
10:15 AM						10:00-11:30AM BOOTCAMP (LISA)	10:15-11:15 AM YOGA (DOREEN)
10:45 AM	10:45-11:45 AM SR. YOGA (SUSAN)		10:45-11:45 AM THERAPY YOGA TOLISA		10:45-11:45 AM SR. YOGA (DOREEN)		
12:00 PM				12:15-1:15PM MENS YOGA (DOREEN)			
5:00 PM		5:00-6:00 PM TONE-N-TIGHT (DIANA)	5:00-6:00 PM PILATES (BARB)	5:00-6:00 PM TONE-N-TIGHT (DIANA)			
6:00 PM	6:00-7:00 PM KICKBOXING (DIANA)	6:00-7:15 PM BASIC YOGA (BARB)		6:00-7:15 PM YOGA (JOY)			
				BEGINS 5/29/08			