

# Fall 2018 Aerobics Schedule

## MONDAY

**Morning Fitness**  
6:30-7:15am  
Marylou

**Muscle Express**  
8:00-8:30am  
Judy

**Power Pilates**  
8:15-9:00am  
(Racquetball Court)  
Tina

**Core Step**  
8:45-9:45am  
Judy

**Metafit**  
9:15-10:00am  
(Racquetball Court)  
Nikki

**Fitness Yoga**  
10:00-11:00am  
Judy

**Zumba Gold**  
11:15-12:00pm  
Lena

**HEAT**  
3:30-4:30pm  
Kristine

**Cardio Intervals**  
5:45-6:45pm  
Heidi/Sue/Diane  
Lora Lee

**Hatha Yoga**  
7:00-8:00pm  
Lesley

## TUESDAY

**Soul Synthesis**  
5:15-6:15am  
Mel

**Power Pump**  
8:30-9:20am  
Judy

**Power Pump**  
9:30-10:20am  
Ashley

**Senior Yoga  
Stretch**  
11:00-11:45am  
(Gymnasium)  
Lena

**Zumba**  
4:45-5:30pm  
Lena

**HCC**  
(Hard Core Circuits)  
5:45-6:45pm  
Heidi

**Cardio Pump**  
7:00-8:00pm  
Lora Lee

## WEDNESDAY

**Cardio Cross**  
5:30-6:30am  
(Gymnasium)  
Diane

**Morning Fitness**  
6:30-7:15am  
Marylou

**Tabata Circuit**  
9:15-10:15am  
Diane/Heidi

**Mind Body  
Fusion**  
10:20-11:20am  
Lena

**Silver Sneakers  
Muscular Strength**  
11:30-12:15pm  
(Gymnasium)  
Laurie

**Circuit Training**  
3:30-4:30pm  
Kristine

**Muscle Mix**  
5:45-6:45pm  
Sue

**Pilates**  
7:00-8:00pm  
Kate

## THURSDAY

**HEAT/HIIT**  
5:15-6:00am  
Julie

**Sculpt & Tone**  
8:45-9:45am  
Heidi

**Senior Yoga  
Stretch**  
11:15-12:00pm  
(Gymnasium)  
Lena

**Zumba**  
4:45-5:30pm  
Lena

**Hatha Yoga**  
5:45-6:45pm  
Lena

**Metafit**  
6:00-6:45pm  
(Racquetball Court)  
Shaunna

**Strength &  
Stretch**  
7:00-8:00pm  
Chantal

## FRIDAY

**Morning Fitness**  
6:30-7:15am  
Marylou

**Power Express**  
8:00-8:35am  
Judy

**Step Intervals**  
8:45-9:45am  
Judy

**Yogalates**  
10:00-11:00am  
Donna

**Silver Sneakers  
Cardio Circuit**  
11:15-12:00pm  
(Gymnasium)  
Laurie

**Bootcamp**  
3:30-4:30pm  
Kristine

## SATURDAY

**Cardio Cross**  
7:00-8:00am  
(Gymnasium)  
Diane

**Triple Play**  
8:00-9:00am  
Judy

**Power Pump**  
9:15-10:15am  
Tracy/Chantal

**Restorative Yoga**  
10:30-11:30am  
Chantal/Lesley

## SUNDAY

**Step Intervals**  
8:15-9:15am  
Judy

**Soul Synthesis**  
9:30-10:20am  
Mel



**WHITIN**  
Community Center  
*We're Family*