



FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# DORIS MILLER FAMILY Y

## AEROBIC SCHEDULE

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**6:15a-7:15a**  
 BODY SHAPING  
 P.Cox/Wayne

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 P.Cox/Wayne

**11:00a-12:00p**  
 Open

**5:30p-6:30p**  
 CARDIO MIX  
 Chanell

**5:30p-6:30p**  
 ZUMBA  
 Jeannie

**5:30p-6:30p**  
 ZUMBA  
 Juana

**5:30p-6:30p**  
 ZUMBA  
 Jeannie

**5:30p-6:30p**  
 CARDIO MIX  
 Chanell

**6:40p-7:40p**  
 HIP HOP  
 Aerobics  
 Molly

**6:40p-7:40p**  
 HIP HOP  
 Aerobics  
 Molly

**6:40p-7:40p**  
 ZUMBA TONING  
 Juana

**6:40p-7:40p**  
 HIP HOP  
 Aerobics  
 Molly