

## Aerobics Schedule Room #1 (Begins June 1)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am to 6:30am	<b>INTERVAL CHALLENGE</b> Beth Porter	BODY SHAPING Becky Slonaker		BODY SHAPING Nicki Wilson	Body Shaping Becky Slonaker		
8:00am to 8:20am	<b>ABSOLUTE ABS</b> Shawn Simpson		<b>ABSOLUTE ABS</b> Shawn Simpson		<b>ABSOLUTE ABS</b> Shawn Simpson		
8:25am to 8:55am	<b>SCULPT EXPRESS</b> Shawn Simpson		<b>BOOT CAMP</b> Shawn Simpson		<b>8:25-9:10 SCULPT EXPRESS</b> Shawn Simpson		
9:00am to 10:00am	<b>BENCH BLAST</b> Susan Bell <b>STRETCHING</b> 10:05 Boxing Room	<b>8:45-10:00 BODY SHAPING</b> Susan Bell	<b>BODY SHAPING</b> Laurie Hull	<b>8:45-10:00 BODY SHAPING</b> Susan Bell		<b>9:00 - 10:30 BODY SHAPING</b> Jenny Hering	
10:05am to 11:05am	<b>INTERVAL TRAINING</b> Laurie Hull	<b>10:10-11:10 ZUMBA</b> Susan Bell	<b>ZUMBA</b> Susan Bell	<b>10:10-11:10 ZUMBA</b> Susan Bell	<b>INTERVAL TRAINING</b> Laurie Hull		
11:15am to 12:15pm			<b>11:05-11:20 STRETCHING</b> Susan Bell		<b>11:05-11:20 STRETCHING</b> Laurie Hull	<b>ZUMBA</b> Sonya Todd	
12:00pm to 1:00pm	<b>MULTI-STEP</b> Crystal Melton	<b>BODY SHAPING</b> Tracy Fisk	<b>ADVANCED STEP</b> Laura LeBlanc	<b>BUTTS AND GUTS</b> Tracy Fisk	<b>ADVANCED STEP</b> Crystal Melton		<b>1:15-1:45 STEP EXPRESS</b> Terri Kucera
4:15pm to 4:25pm	<b>ABSOLUTE ABS</b> Terri Kucera	<b>ABSOLUTE ABS</b> Maria Connally	<b>ABSOLUTE ABS</b> Maria Connally	<b>ABSOLUTE ABS</b> Terri Kucera	<b>ABSOLUTE ABS</b> Terri Kucera		<b>2:00-2:15 ABSOLUTE ABS</b> Terri Kucera
4:30pm to 5:30pm	<b>BODY SHAPING</b> Terri Kucera	<b>STEP N TONE</b> Maria Connally	<b>BODY SHAPING PLUS</b> Maria Connally	<b>BENCH BLAST</b> Terri Kucera	<b>BODY SHAPING</b> Terri Kucera		<b>2:15-3:15 BODY SHAPING</b> Terri Kucera
5:35pm to 6:35pm	<b>TURBO KICK BOXING</b> Jenny Hering	<b>BODY SHAPING</b> Mitch Deskins	<b>TURBO KICK BOXING</b> Jenny Hering	<b>BODY SHAPING</b> Mitch Deskins	<b>5:30 - 6:00 STEP EXPRESS</b> Terri Kucera		<b>5:05-6:05 ZUMBA</b> Susan/Rose/Diana
6:40pm to 7:40pm	<b>ZUMBA</b> Sonya Todd	<b>ZUMBA</b> Rose Lugo	<b>ZUMBA</b> Sonya Todd <b>ZUMBATOMIC</b> Kids Gym	<b>ZUMBA</b> Rose Lugo			

## Aerobics Schedule Room #2 (Begins June 1)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am to 6:30am	<b>POWER YOGA</b> Elizabeth Oates Boxing Room				<b>POWER YOGA</b> Elizabeth Oates Boxing Room		
9:00am to 10:00am	<b>POWER YOGA</b> Elizabeth/Shawn Boxing Room	<b>BODY SHAPING</b> Susan Bell	<b>TURBO KICK BOXING</b> Nicki Wilson	<b>BODY SHAPING</b> Susan Bell	<b>9:15-10:15 TURBO KICKBOXING</b> Jenny Hering	<b>9:00-10:00 Nia</b> Jana/Jennifer	
10:00am to 11:00am	<b>TURBO KICK BOXING</b> Stephanie Boone					<b>10:05-11:05 TURBO KICK BOXING</b> Nicki Wilson	
11:05pm to 12:05pm	<b>ZUMBA</b> Jennifer Heinz <b>ZUMBATOMIC</b> 11:15 MP Room	<b>11:20-11:50 KIDS FITNESS</b> Susan Bell		<b>11:20-11:50 KIDS FITNESS</b> Susan Bell	<b>ZUMBA</b> Low Impact Diana Najera		
4:30pm to 5:30pm	<b>Beginner TURBO K-B</b> Melodie Sutherland	<b>Nia</b> Jana/Jennifer	<b>Beginner TURBO K-B</b> Melodie Sutherland	<b>Nia</b> Jana/Jennifer			<b>4:00-5:00 Nia</b> Jana/Jennifer
5:35pm to 6:35pm	<b>TURBO KICK BOXING</b> Jenny Hering	<b>BODY SHAPING</b> Mitch Deskins	<b>TURBO KICK BOXING</b> Jenny Hering	<b>BODY SHAPING</b> Mitch Deskins	<b>6:00 - 8:00 COUNTRY WESTERN DANCE</b> Harlan Sandhoff		
6:00pm to 7:00pm	<b>PILATES</b> Terri/Misty Boxing Room		<b>PILATES</b> Terri Boxing Room				

## Multi-Purpose Room and Cycle Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am to 6:30am	<b>CYCLE</b> Leo Peralta		<b>CYCLE</b> Tracy Felder				
8:00am to 9:00am		<b>8:10-9:00 CYCLE EXPRESS</b> Shawn Hernandez		<b>8:10-9:00 CYCLE EXPRESS</b> Shawn Hernandez		<b>8:15-9:15 CYCLE</b> Crystal Melton	
9:00am to 10:00am	<b>CYCLE</b> Dave Williams/ Shawn Hernandez	<b>FLOOR CORE AND MORE</b> Laurie Hull	<b>POWER YOGA</b> Elizabeth/Shawn S	<b>YOGA</b> Crystal Melton	<b>CYCLE</b> Jenny/Kimberly/Dave	<b>10:00-11:00 PILATES</b> Terri/Misty	
10:15am to 11:15am	<b>AOA</b> Julia Bugh	<b>AOA CHAIR YOGA</b> Diane Jorgenson	<b>AOA</b> Julia Bugh	<b>AOA CHAIR YOGA</b> Diane Jorgenson	<b>AOA</b> Julia Bugh		
1:30pm to 2:30pm	<b>11:15-12:15 ZUMBATOMIC</b> Christy Bradley	<b>CHAIR AEROBICS</b> Diane Jorgenson		<b>CHAIR AEROBICS</b> Diane Jorgenson	<b>STRETCHING</b> Laurie Hull Boxing Room		<b>2:00-3:00 CYCLE</b> Leo Peralta
4:30pm to 5:30pm	<b>CYCLE</b> Leo Peralta	<b>PILATES</b> Terri Kucera	<b>CYCLE</b> Leo Peralta	<b>PILATES</b> Misty Schrank	<b>CYCLE</b> Leo Peralta		<b>3:15-4:15 PILATES</b> Terri/Misty
5:35pm to 6:35pm	<b>ADVANCED STEP</b> Amy Sellers	<b>CYCLE</b> Shawn Hernandez	<b>ADVANCED STEP</b> Amy Sellers	<b>CYCLE</b> Shawn Hernandez			
6:40pm to 7:40pm	<b>BEGINNING AEROBICS</b> Amy Sellers	<b>INTERVAL TRAINING</b> Terri Kucera	<b>BEGINNING STRENGTH TRAINING</b> Amy Sellers				

**HIGHLIGHTED** classes indicate a **NEW class, TIME change, and/or ROOM change**