

# AEROBIC SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GYM	A	B	A	B	A	B	A	B	A	B
8:00 am										
9:00 am	<b>Mighty Mix</b> Glenny		<b>Core Conditioning</b> Destinee	*9:15 am <b>Strength &amp; More</b> Joyce	<b>Mighty Mix</b> Jill		<b>Core Conditioning</b> Destinee	*9:15 am <b>Strength &amp; More</b> Joyce	<b>Mighty Mix</b> Birgit	<b>Abs &amp; Stretch</b> Steve
10:15 am	<b>Forever Fit</b> Ruth			*10:30 am <b>Strength &amp; More</b> Joyce	<b>Forever Fit</b> Janice		*10:30 am <b>Strength &amp; More</b> Joyce	<b>Forever Fit</b> Janice		
4:00 pm					<b>Funky Fitness</b> Sue					
5:15 pm	<b>Core Conditioning</b> Destinee	<b>Boot Camp</b> Steve	*5:30 pm <b>Step Interval</b> Gloria		<b>Core Conditioning</b> Destinee	<b>Boot Camp</b> Steve	*5:30 pm <b>Samba Fit</b> Alicia			<b>Boot Camp</b> Steve



## CHILDCARE (2 months to 5 years)

8:45 - 10:45 am

8:45 - 11:15 am

8:45 - 10:45 am

8:45 - 11:15 am

8:45 - 10:45 am