

AEROBICS STUDIO CLASSES- UPDATED 01/01/2025

AEROBICS STUDIO CLASSES- UPDATED 01/01/2025										
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
6:00am						CLOSED				
6:15am										
6:30am										
6:45am										
7:00am										
7:15am										
7:30am										
7:45am										
8:00am										
8:15am										
8:30am	8:30	8:30	8:30	8:30	8:30					
8:45am	Strength & Balance	Strong Bodies	Strength & Balance	Strong Bodies	Strength & Balance					
9:00am										
9:15am	9:15 (VIRTUAL)	9:15	9:15	9:15	9:15					
9:30am	Sit & Stretch	Sit & Stretch	Sit & Stretch	Sit & Stretch	Sit & Stretch					
9:45am						9:30 Align & Shine				
10:00am	10:00	10:00	10:00	10:00	10:00					
10:15am	Strong Bodies	Step Aerobics	Strong Bodies	Step Aerobics	Strong Bodies					
10:30am										
10:45am	10:45		10:45		10:45					
11:00am	Sit & Stretch		Sit & Stretch		Sit & Stretch					
11:15am		11:00 Chair Yoga								
11:30am										
11:45am										
12:00pm		12:00 Multiple Sclerosis Class								
12:15pm										
12:30pm										
12:45pm										
1:00pm				1:00 Chair Yoga						
1:15pm										
1:30pm										
1:45pm										
2:00pm	Reserved for Pickleball	Reserved for Pickleball	Reserved for Pickleball	Reserved for Pickleball	Reserved for Pickleball					
2:15pm										
2:30pm										
2:45pm										
3:00pm										
3:15pm										
3:30pm										
3:45pm										
4:00pm										
4:15pm										
4:30pm										
4:45pm										
5:00pm	5:00 Core & Restore		5:00 Core & Restore		OPEN until 8:00pm					
5:15pm										
5:30pm			5:15 Yoga	5:15 Yoga						
5:45pm										
6:00pm							CLOSED			
6:15pm	Open until 8:00pm		Open until 8:00pm							
6:30pm										
6:45pm										
7:00pm										
7:15pm										
7:30pm										
7:45pm										
8:00pm										