



Aerobics Class Schedule

November 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Winter Business Hours MONDAY - FRIDAY 6:00 A.M. - 9:00 P.M. SATURDAY 8:00 A.M. - 9:00 P.M. SUNDAY NOON - 6:00 P.M. Instructors and classes subject to change without notice					1 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Lisa Kickin Cardio
2	3 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Traci Anything Goes 5:30 PM Linda Total Tone 6:40 PM Ed Step/Tone	4 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Jayme Cardio Tone 5:15 PM Jayme Salsa 7:00 PM Amy Boot Camp	5 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Traci Anything Goes 5:30 PM Linda Total Tone	6 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Traci Anything Goes 5:15 PM Lisa Kickin Cardio 6:15 PM Sandy Cardio Tone 7:00 PM Amy Boot Camp	7 <u>Time</u> <u>Inst.</u> <u>Class</u> 8:40 AM Jayme Cardio Salsa 9:00 AM Jayme Cardio Tone	8 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Lucy circuit
9	10 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Traci Anything Goes 5:30 PM Linda Total Tone 6:40 PM Ed Step/Tone	11 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Heather Bit of Everything 5:15 PM Jayme Salsa 7:00 PM Amy Boot Camp	12 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Traci Anything Goes 5:30 PM Linda Total Tone	13 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Heather Bit of Everything 5:15 PM Lisa Step 6:15 PM Sandy Cardio Tone 7:00 PM Amy Boot Camp	14 <u>Time</u> <u>Inst.</u> <u>Class</u> 8:40 AM Jayme Cardio Salsa 9:00 AM Jayme Cardio Tone	15 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Lisa Step
16	17 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Traci Anything Goes 5:30 PM Heather Cardio Tone	18 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Heather/ Amy Phys Ed 5:15 PM Jayme Salsa 7:00 PM Amy Boot Camp	19 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Traci Anything Goes 5:30 PM Linda Total Tone	20 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Heather/ Amy Phys Ed 5:15 PM Lisa Kickin Cardio 6:15 PM Sandy Cardio Tone 7:00 PM Amy Boot Camp	21 <u>Time</u> <u>Inst.</u> <u>Class</u> 8:40 AM Jayme Cardio Salsa 9:00 AM Jayme Cardio Tone	22 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Lucy circuit
23	24 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Traci Anything Goes 5:30 PM Linda Total Tone 6:40 PM Ed Step/Tone	25 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Heather/ Amy Phys Ed 5:15 PM Jayme Salsa 7:00 PM Amy Boot Camp	26 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Traci Anything Goes 5:30 PM Linda Total Tone	27 Happy Thanksgiving Kids America Closed	28 <u>Time</u> <u>Inst.</u> <u>Class</u> 9:00 AM Michelle Step	29 9:00 AM Lisa Kickin Cardio
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