



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January Aerobic Schedule

Monday					
Group X #1			Group X #2		
5:30-6:30	Y-Fit	Andy			
9:00-9:45	Low Impact	Kim	9:00-9:45	Glutes & Abs	Nicki
10:00-10:45	Pound	Brandi	10:00-10:45	Yoga Stretch	Kim
			11:00-11:45	Yoga Fusion	Brandi
4:30-5:15	Cardio Circuit	Kim			
5:30-6:15	Line Dancing	Kim	5:30-6:15	Barre Intense	Haley
6:30-7:15	Jump / Pump	Kandy			
Tuesday					
5:30-6:30	Y-Fit	Andy			
9:00-9:45	Body Sculpt	Brandi			
			10:00-10:45	Gentle Flow Yoga	Terrie
			11:00-11:45	Yoga Motion	Terrie
4:30-5:15	Kickboxing	Kandy			
5:30-6:15	Zumba	Frank			
6:30-7:15	Power Ride	Amy			
Wednesday					
9:00-9:45	Low Impact	Kim	9:00-9:45	Glutes & Abs	Nicki
10:00-10:45	Pilates	Brandi	10:00-10:45	Yoga Stretch	Kim
			11:00-11:45	Yoga Fusion	Brandi
4:30-5:15					
5:30-6:15					
6:30-7:15	Spin	Cameron			
Thursday					
5:30-6:30	Y-Fit	Andy			
9:00-9:45	Body Sculpt	Brandi			
10:00-10:45	Low Impact	Terrie			
			11:00-11:45	Gentle Flow Yoga	Terrie
5:30-6:15	Zumba	Frank	5:30-6:15	Barre Fusion	Jenna
6:30-7:15	Cardio Circuit	Kandy			
Friday					
9:00-9:45	Low Impact	Kim			
10:00-10:45	Cardio & Core	Brandi	10:00-10:45	Yoga Stretch	Kim