



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November Aerobic Schedule

Monday					
Group X #1			Group X #2		
5:30-6:30	Y-Fit	Andy			
8:00-8:45	Jump / Pump	Kandy			
9:00-9:45	Low Impact	Kim			
10:00-10:45	Pound	Brandi	10:00-10:45	Yoga Stretch	Kim
			11:00-11:45	Yoga	Brandi
4:30-5:15	Step/Sculpt	Kelsey	4:30-5:15	Power Yoga	Sarah
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			
8:15-8:45	Tabata	Nikki			
9:00-9:45	Sculpt	Brandi			
			10:00-10:45	Flow Yoga	Terrie
			11:00-11:45	Yoga Motion	Terrie
12:00-1:30	Y-Fit	Kandy			
4:30-5:15	Kickboxing	Kandy			
5:30-6:15	Zumba	Frank			
6:30-7:15	Power Ride	Amy	5:30-6:15	Yoga Flow	Sarah
Wednesday					
8:15-8:45	HIIT	Nikki			
9:00-9:45	Low Impact	Kim			
10:00-10:45	Pilates	Brandi			
			9:00-9:45	Glutes & Abs	Nikki
			10:00-10:45	Yoga Stretch	Kim
			11:00-11:45	Yoga	Brandi
4:30-5:15	Step/Sculpt	Kelsey			
5:30-6:15					
6:30-7:15	Spin	Cameron			
Thursday					
5:30-6:30	Y-Fit	Andy			
8:15-8:45	Tabata	Nikki			
9:00-9:45	Sculpt	Brandi			
10:00-10:45	Low Impact	Terrie			
			11:00-11:45	Fow Yoga	Terrie
12:00-1:30	Y-Fit	Kandy			
4:30-5:15	Body Sculpt	Kandy			
5:30-6:15	Zumba	Frank			
			5:30-6:15	Barre Fusion	Jenna
			6:30-7:15	Yoga Flow	Sarah
Friday					
8:00-8:45	Step	Kandy			
9:00-9:45	Low Impact	Kim			
10:00-10:45	Cardio & Core	Brandi			
			10:00-10:45	Yoga Stretch	Kim