

IWSM July 2010 Land Aerobic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Circuit/Pilates 6:00-6:45am Brandy		Circuit/Pilates 6:00-6:45am Brandy	
Stretching 7:15-8:00am Janan	Core Training 8:15-9:00am Claire	Stretching 7:15-8:00am Janan	Core Training 8:15-9:00am Claire	Stretching 7:15-8:00am Janan
SilverBelles 8:00-9:00am Janan	Step 9:10-10:10am Claire	SilverBelles 8:00-9:00am Janan	Step 9:10-10:10am Claire	SilverBelles 8:00-9:00am Janan
Zumba 9:05-9:50am Lauren	SilverSneakers 9:15-10:15am Lydia	Step It Up! 9:15-10:00am Nellie	SilverSneakers 9:15-10:15am Lydia	20-20-20 9:15-10:15 Nellie
Chairobics 9:45-10:15am Alan	Y.P.T. 10:30-11:15am Nellie	Chairobics 9:45-10:15am Alan	Yoga 10:30-11:15am Nellie	Chairobics 9:45-10:15am Alan
	Independent Workout 12:00-1:00pm <small>Pick up workout plan at front desk</small>	Y.P.T. 10:15-11:00am Nellie	Independent Workout 12:00-1:00pm <small>Pick up workout plan at front desk</small>	Yoga 10:15-11:00am Nellie
Hustle 4:30-5:15pm Nellie				
Xtreme Fitness 5:30-6:30pm (gym) Nellie		Rock & Kick 4:30-5:15pm Sandra	Zumba 4:45-5:30pm Lauren	Variety Pak 9:15-10:15am Various Instructors
Works 5:30-6:30pm Pam	Rock & Kick 5:30-6:30pm Sandra	Step 5:30-6:30pm Pam	20-20-20 5:30-6:30pm Pam	SUNDAY PiYo Christy 2-3:00pm 2nd&4th Sunday each month.
Pilates 6:30-7:15pm Brandy	Zumba 6:30-7:15pm Lauren			

Water Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hydrocize 9:15-10:15am Janan		Hydrocize 9:15-10:15am Janan		Hydrocize 9:15-10:15am Janan
Water Walking 10:15-11:00am Janan		Water Walking 10:15-11:00am Janan		Water Walking 10:15-11:00am Janan
*Arthritis Aquatics 11:00-12:00pm Al		*Arthritis Aquatics 11:00-12:00pm Al		*Arthritis Aquatics 11:00-12:00pm Janan
Surfs Up 5:30-6:30pm Dena		Surfs Up 5:30-6:30pm Dena		

Cycling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Race & Pace 6:00-6:40am Dawn		Race & Pace 6:00-6:40am Dawn		
	Race & Pace 5:30-6:10pm Wayne	Race & Pace 5:30-6:10pm Wayne	Race & Pace 5:30-6:10pm Wayne	
	Race & Pace 6:25-7:10pm Wayne		Race & Pace 6:25-7:10pm Wayne	