

IWSM February 2012

Land Aerobic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
Body Sculpt 9:15-10:00am Nicole	SilverSneakers® 9:15-10:15am Maxine	Step It Up! 9:15-10:00am Nellie	SilverSneakers® 9:15-10:15am Maxine	Zumba 9:15-10:10 Desiree
Chairobics 9:45-10:15am Alan	Core Pilates 10:15-11:00am Nicole	Chairobics 9:45-10:15am Alan	Body Sculpt 10:15-11:00am Nicole	Chairobics 9:45-10:15am Alan
Yoga 10:15-11:00am Nellie		Yoga 10:15-11:00am Nellie		Yoga 10:15-11:00am Nellie
Rock-n-Kick 4:30-5:25pm Sandra	Step-N-Kick 4:30-5:00pm-Ginger			SATURDAY
Works 5:30-6:25pm Pam	Core-N-More 5:00-5:40pm-Ginger	Step 5:30-6:pm Pam	Kickboxing 5:30-6:25pm Pam	Variety Pak 9:15-10:15am Various Instructors
	Zumba 5:45-6:30pm Shellie		Zumba 6:30-7:15pm Shellie	

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 Janan		*Arthritis Aquatics 11:00-12:00pm Janan		*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 <i>11:45-12:30pm</i> Desiree	Race & Pace 6:00-6:40am Dawn		
Race & Pace 5:30-6:10pm Wayne	Power Hour <i>5:30-6:30pm</i> Wayne	Race & Pace 5:30-6:10pm Wayne	Power Hour <i>5:30-6:30pm</i> Wayne	
Beginning Cycling 6:40-7:15pm Pam				