

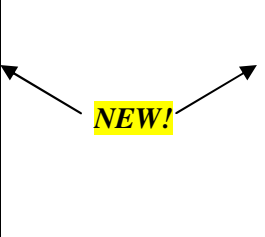





2008 AEROBICS SCHEDULE

Effective Monday, April 7, 2008

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Aquacise 9:30-10:30am Erin		Aquacise 9:30-10:30am Erin		Aquacise 9:30-10:30am Erin
10/10/10 10:45-11:30am Erin		10/10/10 10:45-11:30am Erin		Senior Strength 10:45-11:30am Erin
Aquacise 4:30-5:30pm Kate				Aquacise 4:30-5:30pm Kate
Body Sculpting 5:45-6:30pm Kate				Body Sculpting 5:45-6:30pm Kate

NEW! 10/10/10: Mix it up and have it all! 10 minutes of cardio to get your heart pumping, followed by 10 minutes of strength training for lean, strong muscles. Rounding out the workout will be 10 minutes of core training to strengthen abs and back. This is a beginner/intermediate level class that uses step, weights, resistance tubing and stability balls. A great total body workout!

Senior Strength: Designed for adults over 45, an intermediate strength training, aerobic and flexibility class consisting of warm-up, cardio vascular exercise, light weights, bands, stretches, toning and cool down.

Aquacise: Work your whole body in the pool using noodles, water weights and balls.

Body Sculpting: Burn calories and tone muscles with a challenging, low-impact strength training workout for the whole body using free weights, step and band moves.

Aquacise Classes in the Pool. 10/10/10, Senior Strength and Body Sculpting in the Basketball Court.

6/25/2008