

Land Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00-9:00am LaBlast w/Suzanne</p> <hr/> <p>8:00-9:00am Peaceful Mind w/Tonja (Small Aerobics Room)</p> <p>9:15-10am (express) Get Fit w/Anna</p> <hr/> <p>10:30-11:30am Active Aging Yoga w/Amber</p> <hr/> <p>5:45-6:30pm (express) Yoga Strong w/Sierra</p> <hr/> <p>6:30-7:30pm Barlates w/Brittney J</p>	<p>8:00-9:00am Muscle w/Tonja</p> <hr/> <p>9:00-10:00am Zumba w/Merissa</p> <hr/> <p>9:05-10:00am Yoga w/Tonja (small aerobics room)</p> <hr/> <p>5:30-6:30pm Muscle w/Michelle</p> <hr/> <p>6:30-7:30pm Zumba w/Tammy</p> <hr/> <p>6:30-8:00pm Barre w/Tonja (small aerobics room)</p>	<p>8:00-9:00am Cardio Core w/Jacque</p> <hr/> <p>9:00-10:00am High Low w/Brittany H.</p> <hr/> <p>10:30-11:30am Yoga w/Maysa</p> <hr/> <p>1:00-2:00pm Active Aging Yoga w/Amber</p> <hr/> <p>5:30-6:30pm Stronger w/Anna</p> <hr/> <p>6:30-7:30pm Zumba w/Michelle/Anna</p> <hr/> <p>6:30-7:30pm Gentle Yoga w/Rolf (small aerobics room)</p>	<p>8:00-9:00am Total Body Strength & Conditioning w/Barb</p> <hr/> <p>9:00-10:00am Cycle & Tone w/Shannon</p> <hr/> <p>10:30-11:30am Active Aging Yoga w/Sara</p> <hr/> <p>5:30-6:30pm Tabata w/Michelle</p> <hr/> <p>6:30-7:30pm BollyX w/Linda</p> <hr/> <p>6:30-7:30pm Barre w/Tonja (small aerobics room)</p>	<p>7:45-8:30am HIIT w/Barb</p> <hr/> <p>9:00-10:00am Zumba w/Maysa</p> <hr/> <p>10:00-11:00am Yoga w/Maysa</p>	<p>8:00-9:00am Surge Strength w/Anna</p> <hr/> <p>8:00-9:30am Barre w/Tonja (small aerobics room)</p> <hr/> <p>9:00-10:00am Zumba w/Maysa</p> <hr/> <p>10:00-11:00am Pop Pilates w/Brittney J</p>
					Sunday
					<p>10:00-11:00am Yoga w/Elizabeth</p> <hr/> <p>11:15am-12:15pm Bolly X w/Linda/Merissa</p>
Drop-In Daycare					
				<p>8:00-11:00am Mon,Tues,Wed,Fri Fee: \$3.00 per hour (2 hr max) 5:30-7:30 pm Mon,Tues, Wed Age: 8 weeks - 9 Years old 8:00-11:00 am Saturday *No Daycare on Thursday</p>	

Water Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>8:30-9:30am Arthritis w/Shirley</p> <hr/> <p>9:45-10:45am Arthritis w/LeAn</p> <hr/> <p>7:00-8:00pm Water Aerobics w/Janet</p>		<p>8:30-9:30am Arthritis w/Shirley</p> <hr/> <p>9:45-10:45am Arthritis w/Le Ann</p> <hr/> <p>7:00-8:00pm Water Aerobics w/Janet</p>		<p>8:30-9:30am Water Aerobics w/Janet</p> <hr/> <p>9:30-10:30am Water Aerobics w/Janet</p>