

The Center Fitness Schedule

*Denotes Silver Sneakers Classes

MON	TUE	WED	THU	FRI	SAT	SUN
5:30AM Yoga Aerobics Room	5:00AM Advn-Bootcamp Gym	5:30AM Yoga(Jodie) Aerobics Room	5:00AM Advn-Bootcamp Gym		8:00AM Advn-Bootcamp Gym	
9:00AM & 10:15AM *Cardio Circuit Aerobics Room	9:30AM *MSROM Aerobics Room	9:00AM & 10:15AM *Cardio Circuit Aerobics Room	9:30AM *MSROM Aerobics Room	9:00AM & 10:15AM *Cardio Circuit Aerobics Room	9:30AM Zumba Aerobics Room	
11:30AM *MSROM Aerobics Room	10:30AM *SILVER SPLASH Pool	11:30AM *MSROM Aerobics Room	10:30AM *SILVER SPLASH Pool	11:30AM *MSROM Aerobics Room		
1:15AM *Cardio Circuit Aerobics Room	10:45AM *Cardio Circuit Aerobics Room	1:15AM *Cardio Circuit Aerobics Room	10:45AM *Cardio Circuit Aerobics Room	1:15AM *Cardio Circuit Aerobics Room		
5:15PM Begnr-Bootcamp Aerobics Room	1:00PM *MSROM2 Aerobics Room	5:15PM Begnr-Bootcamp Aerobics Room	1:00PM *MSROM2 Aerobics Room			
6:15PM Advn-Bootcamp Gym	6:15PM Zumba Gold Aerobics Room	6:15PM Advn-Bootcamp Gym	6:15PM Zumba Gold Aerobics Room			
7:00PM Zumba Aerobics Room		7:00PM Zumba Aerobics Room				
7:20PM Begnr-Bootcamp Gym	7:30PM Yoga(Jodie) Aerobics Room	7:20PM Begnr-Bootcamp Gym	7:30PM Yoga(Jodie) Aerobics Room			

Class Instructors:

 Jodie

 Sonya

 Marietta

 Stephanie

 Sharon

 Diane