

Lodgeville Road Branch Winter Aerobic Schedule

January 2 – February 18, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/ 8:30 am	Intervals and More 8:30-9:30	Water Aerobics 8-8:45 Yoga Fit 8-8:45	Intervals and More 8:30-9:30	Water Aerobics 8-9:45 Yoga Fit 8-8:45	Instructor's Choice 8:30-9:45	
9:00 am	Water Arthritis 9-10	Butts & Guts 9-9:30	Water Arthritis 9-10	Butts & Guts 9-9:30	Water Arthritis 9-10	Cardio Interval 9-10
10:00 am	Water Aerobics 10-11	Cardio Interval 9:30-10:30	Water Aerobics 10-11	Cardio Interval 9:30-10:30	Water Aerobics 10-11	
11:00 am	Zumba 11- Noon		Zumba 11- Noon		Zumba 11- Noon	
5:00 pm 5:30 pm	Cardio Dance 5-6 Pilates 5-6 (at Days Inn)	Intervals and More 5:30-6:30	Pilates 5-6	Cross Train w/ Melanie 5:30-6:30		
6:00 pm	Cardio Mix 6-7 Arthritis Tai Chi 6-6:55 At Days Inn	Water Arthritis 6-7 Step & Muscle Challenge 6:30-7:30	Cardio Mix 6-7 Arthritis Tai Chi 6-6:55 At Days Inn	Water Arthritis 6-7		
7:00 pm	Yoga 7-8	Water Aerobics 7-8	Yoga 7-8	Water Aerobics 7-8		

****Please register for the Classes you wish to take.****