

Lowndes Hill Park Branch Winter Aerobic Schedule

January 2-February 18, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8 am	TRX 8-8:45	TRX 6-6:30	TRX 8-8:45	TRX 6-6:30		TRX 7:30-8:15	
8:30 am	Water Walking 8:30-9:30	Water Aerobics 8:30-9:30	Water Walking 8:30-9:30	Water Aerobics 8:30-9:30	Water Walking 8:30-9:30	Zumba 8:30-9:30	
9:00 am	Arthritis Tai Chi 9-10	C.S.I Boot Camp 8:35-9:35	Arthritis Tai Chi 9-10	C.S.I Boot Camp 8:35-9:35	Arthritis Tai Chi 9-10	HooppHoria 11-Noon	
10:00 am	Silver Sneakers 10-11	WEE Walkers (in gym) 9:30-10:30	Silver Sneakers 10-11	WEE Walkers (in gym) 9:30-10:30	Water Aerobics 9:30-10:30		
11:00 Am	Yoga 11-Noon	Tone & Stretch 11 - 12	Yoga 11-Noon	Tone & Stretch 11 - 12	Silver Sneakers 10-11 S S Cardio Circuit 11-Noon		
Noon	Pump, Jump & Jab Noon-1		Pump, Jump & Jab Noon-1				
2-3 pm							Zumba 2-3
4:30 pm	TRX 4:30-5:15	Cycle Sculpt 4:30-5:30		Cycle Sculpt 4:30-5:30			
5:00 pm 5:30 pm	Butts & Guts 5:30-6 Cycling* 5:30-6:15	Cycling* 5:30-6:15 Karate 5:30-8:30	Butts & Guts 5:30-6	Arthritis Tai Chi 9-10 Cycling* 5:30-6:30 TRX 5:30-6:15 HooppHoria 6:30-7:30			
6:00 pm	Power Yoga 6-7 Zumba 7-8 Water Aerobics 6:30-7:30	Kids Water Fitness 6-6:30 Water Aerobics 6:30-7:30	TRX 6:30-7 Cycling* 6-7 Zumba 7-8	Kids Water Fitness 6-6:30 Water Aerobics 6:30-7:30			

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