

# Lodgeville Road Branch 2011 Summer Aerobic Schedule

June 6 – August 27, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7 am						
8:30 am	20/20/20 8:30-9:30	Water Aerobics 8-8:45	20/20/20 8:30-9:30	Water Aerobics 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	
4:30 pm						
5:00 pm 5:30 pm	Pilates 5-6	20/20/20 5:30-6:30	Pilates 5-6	Cross Train w/ Melanie 5:30-6:30		
6:00 pm	Cardio Mix 6-7 Beginner Arthritis Tai Chi 5-6 p.m. <b>At Days Inn</b> Arthritis Tai Chi 6-6:55 <b>At Days Inn</b>	Step & Muscle Challenge 6:30-7:30  Water Arthritis 6-7	Cardio Mix 6-7 Beginner Arthritis Tai Chi 5-6 p.m. <b>At Days Inn</b> Arthritis Tai Chi 6-6:55 <b>At Days Inn</b>	Cardio Fit 6:30-7:30  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.\*\***