

Lowndes Hill Park Branch 2011 Summer Aerobic Schedule

June 6-August 27, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am						
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	Combat Cardio 7:30-9:00 Check brochure for dates
9:00 am 10:00 am	Arthritis Tai Chi 9-10 Silver Sneakers 10-11 PiYo 11-Noon	Cardio Dance & Toning 9-10 (Session I only) Boot Camp 8:30-9:45 (Session II only) Tone & Stretch 11 - 12	Arthritis Tai Chi 9-10 Silver Sneakers 10-11 Beg. Pilates, Yoga & Stability Ball 11-Noon	Cardio Dance & Toning 9-10 (Session I only) Boot Camp 8:30-9:45 (Session II only) Tone & Stretch 11 - 12	Cycling 9-10 Water Aerobics 9:30-10:30 Silver Sneakers 10-11 S S Cardio Circuit 11-Noon	Preschool Sports 10-12
Noon	Pump, Jump & Jab Noon-1		Pump, Jump & Jab Noon-1			
4:30 pm		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	Butts & Guts 5:30-6	Cycling* 5:30-6:30		
6:00 pm	Cycling* 6-6:45 Step & Muscle Challenge 6-7 Fit Mix 7-8 Water Aerobics 6:30-7:30	Karate 5:30-8:30 Kids Water Fitness 6-6:30 Water Aerobics 6:30-7:30	Cycling* 6-7 Step & Muscle Challenge 6-7 Zumba 7-8	Zumba 5:30-6:30 (Session II only) Kids Water Fitness 6-6:30 Water Aerobics 6:30-7:30		

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