

## AEROBICS STAFF SCHEDULE FALL 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 Jump Start (Step) Terri			6:30-7:30 Jump Start (Hi/Lo) Terri	6:00-6:30 Dumbells for Dumbells Jane		
7:45 - 8:45 Breakfast Club Claudia		7:45 - 8:45 Breakfast Club Claudia	7:45-8:15 Strictly Strethcing Terri	7:45 - 8:45 Breakfast Club Claudia	8:00 - 9:00 Step/Toning Terri or Peggy	8:15 - 9:15 Step/Toning Juli
9:15 - 10:15 Cardio Blast Helen	9:15 - 10:15 Cardio Variety with Toning Kerry	9:15 - 10:15 Interval Marisa	9:15 - 10:15 Step Juli	9:15 - 10:15 Kickboxing Marisa	9:15-10:15 Zumba Blythe *Starts 9/13	
10:20 - 10:50 Toning with weights Helen	10:20 - 11:20 Sculpt & Tone with Abs Lorraine	10:20-10:50 Strictly Toning Marisa	10:20 - 11:20 Sculpt & Tone with Abs Lorraine	10:20 - 11:20 Zumba Dolores *Starts 9/12		
10:50-11:20 Total Abs Helen		10:50-11:20 Strictly Stretching Marisa				
5:30-6:30 Tone Zone Ellen	6:45 - 7:45 Step/Interval Jane	5:30-6:30 Step Juli	6:45 - 7:45 Step/Interval Blythe	5:30 - 6:30 Toning Juli		

\* Instructor or class schedule may change without notice

\*\*On 9/17 there will be no 9:15 or 10:20 classes