



DECEMBER 2018 AEROBICS SCHEDULE

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Monday	9:30AM 5:30PM 6:30PM	Interval Cardio Cardio Fit Yoga	Becky Jessica Melissa
Tuesday	9:30AM 5:30PM	Yoga Fit to Fight	Melissa Kelly
Wednesday	9:30AM 5:30PM 6:30PM	Super Circuit Hump Day Pump Zumba	Becky Carley Marie
Thursday	9:30AM 5:30PM 6:30PM	Yoga Muscle Mayhem Cardio Fit	Melissa Kelly Jessica
Friday	9:30AM	Body Sculpting	Laura
Saturday	8:30AM 9:30AM	Yoga Zumba Toning	Melissa Marie