



AEROBICS SCHEDULE

SEPTEMBER 2010

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				1 8:30 Gut 'n' Butt: ME 10:00 MSROM (Gym): CWF 4:30 Power Intervals: MD 5:30 Power Pump: GT 7:30 Yoga: LBL		2 8:30 Power Intervals: MD 9:30 FitnessFoundation(Gym)J 5:30 Zumba: SD		3 8:30 Kickboxing: ME 10:00 MSROM (Gym): CWF 4:30 Happy Hour: JSK		4 8:15 NO CLASS FOOTBALL GAME 	
6 Closed Labor Day		7 9:30 FitnessFoundations(Gym) J 4:30 Power Pump: MD 5:30 Zumba: SD		8 8:30 Gut 'n' Butt: ME 10:00 MSROM (Gym): CWF 4:30 Power Intervals: MD 5:30 Power Pump: GT 7:30 Yoga: LBL		9 8:30 Power Intervals: MD 9:30 FitnessFoundation(Gym)J 5:30 Zumba: SD		10 8:30 Kickboxing: ME 10:00 MSROM (Gym): CWF 4:30 Zumba: SD		11 8:15 Yoga: NO CLASS	
13 8:30 Zumba: CF 4:30 Power Intervals: MD 5:30 Cardio Intervals: GT 7:30 Yoga: NO CLASS		14 9:30 FitnessFoundations(Gym) J 4:30 Power Pump: MD 5:30 Zumba: SD		15 8:30 Gut 'n' Butt: ME 10:00 MSROM (Gym): CWF 4:30 Power Interval: MD 5:30 Power Pump: GT 7:30 Yoga: NO CLASS		16 8:30 Power Intervals: MD 9:30 FitnessFoundation(Gym) J 5:30 Zumba: SD		17 8:30 Kickboxing: ME 10:00 MSROM (Gym): CWF 4:30 Happy Hour: JSK (GYM)		18 8:15 NO CLASS FOOTBALL GAME 	
20 8:30 Zumba: CF 4:30 Power Intervals: MD 5:30 Cardio Intervals: GT 7:30 Yoga: LBL		21 9:30 FitnessFoundations(Gym) J 4:30 Power Pump: MD 5:30 Zumba: SD		22 8:30 Gut 'n' Butt: ME 10:00 MSROM (Gym): CWF 4:30 Power Interval: MD 5:30 Power Pump: GT 7:30 Yoga: LBL		23 8:30 Power Intervals: MD 9:30 FitnessFoundation(Gym) J 5:30 Zumba (Gym): SD		24 8:30 Kickboxing: ME 10:00 MSROM (Gym): CWF 4:30 Happy Hour: JSK		25 8:15 Yoga: LBL	
27 8:30 Zumba: CF 4:30 Power Intervals: MD 5:30 Cardio Intervals: GT 7:30 Yoga: LBL		28 9:30 FitnessFoundations(Gym) J 4:30 Power Pump: MD 5:30 Zumba: SD		29 8:30 Gut 'n' Butt: ME 10:00 MSROM (Gym): CWF 4:30 Power Interval: MD 5:30 Power Pump: GT 7:30 Yoga: LBL		30 8:30 Power Intervals: MD 9:30 FitnessFoundation(Gym)J 5:30 Zumba: SD					

Instructors: Laura Blanchforti (LBL), Leanne Boyd (LB), Mary Dabkowski (MD), Shawna Dulin (SD), Meghan Eggleston (ME), Joanne Fairbanks (JF), Casie Fox (CF), Carol Frear (CWF), Ali Hewit (AH), Megan O'Toole (MO), Julie Pasco (J), Joe Sadlek (JSK), Georgette Taylor (GT), Jennifer Sivak (JS), Debbie Yackel (DY)

****Please see the bulletin board for updates and/or changes** All classes are 1 hour in length.**