

AEROBICS SCHEDULE

FEBRUARY 2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				1		2		3		4	
				8:30 Gut 'n' Butt: SR 10:00 MSROM (Gym):DM 4:30 Power Intervals(GYM): MD 5:30 Power Pump (GYM): LBY		8:30 Power Intervals: SR 8:30 FitnessFoundations(GYM)JP 9:30 FitnessFoundation(GYM)JP 5:30 Zumba(GYM): SD 6:30 Yoga: LBL		8:30 Power Pump: LBY 10:00 MSROM (GYM): DM 4:30 Zumba: SD		8:30 Hip Hop Hustle: NO	
6		7		8		9		10		11	
8:30 Power Pump: SR 4:30 Power Intervals: MD 5:30 Cardio Intervals: LBY		8:30 FitnessFoundations(GYM)JP 9:30 FitnessFoundations(GYM)JP 4:30 Cardio Intervals(GYM): NO 5:30 Zumba(GYM): SD 6:30 Yoga: LBL		8:30 Gut 'n' Butt: SR 10:00 MSROM(GYM): DM 4:30 Power Intervals: MD 5:30 Power Pump: LBY		8:30 Power Intervals: SR 8:30 FitnessFoundations(GYM)JP 9:30 FitnessFoundation(GYM)JP 5:30 Zumba(GYM): SD 6:30 Yoga: LBL		8:30 Cardio Intervals: LBY 10:00 MSROM(GYM): DM 4:30 Happy Hour: JSK		8:30 Hip Hop Hustle: NO	
13		14		15		16		17		18	
8:30 Power Pump: SR 4:30 Power Intervals: MD 5:30 Cardio Intervals: LBY		8:30 FitnessFoundations(GYM)JP 9:30 FitnessFoundations(GYM)JP 4:30 Cardio Intervals(GYM): NO 5:30 Zumba(GYM): SD 6:30 Yoga: LBL		8:30 Gut 'n' Butt: SR 10:00 MSROM (GYM): DM 4:30 Power Intervals: MD 5:30 Power Pump: LBY		8:30 Power Intervals: SR 8:30 FitnessFoundations(GYM)JP 9:30 FitnessFoundation(GYM)JP 5:30 Zumba(GYM): SD 6:30 Yoga: LBL		8:30 Power Pump: LBY 10:00 MSROM (GYM)DM 4:30 Zumba: SD		8:30 Hip Hop Hustle: NO	
20		21		22		23		24		25	
8:30 Power Pump: SR 4:30 Power Intervals: MD 5:30 Cardio Intervals: LBY		8:30 FitnessFoundations(GYM)JP 9:30 FitnessFoundations(GYM)JP 4:30 Cardio Intervals(GYM): NO 5:30 Zumba(GYM): SD 6:30 Yoga: LBL		8:30 Gut 'n' Butt: SR 10:00 MSROM (GYM): DM 4:30 Power Intervals: MD 5:30 Power Pump: LBY		8:30 Power Intervals: SR 8:30 FitnessFoundations(GYM)JP 9:30 FitnessFoundation(GYM)JP 5:30 Zumba(GYM): SD 6:30 Yoga: NO CLASS		8:30 Cardio Intervals: LBY 10:00 MSROM (GYM)DM 4:30 Happy Hour: JSK		8:30 Hip Hop Hustle: NO	
27		28		29							
8:30 Power Pump: SR 4:30 Power Intervals: MD 5:30 Cardio Intervals: LBY		8:30 FitnessFoundations(GYM)JP 9:30 FitnessFoundations(GYM)JP 4:30 Cardio Intervals(GYM): NO 5:30 Zumba(GYM): SD 6:30 Yoga: LBL		8:30 Gut 'n' Butt: SR 10:00 MSROM (GYM): DM 4:30 Power Intervals: MD 5:30 Power Pump: LBY 7:30 Yoga: LBL							

Instructors: Lindsay Beery (LBY), Laura Blanchforti (LBL), Mary Dabkowski (MD), Leanne DiAngelo (LD), Shawna Dulin (SD), Joanne Fairbanks (JF), Nina Glisan, (NG), Denise Minnear (DM), Nancy Oliverio (NO), Julie Pasco (J), Samantha Rondini (SR), 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.**