

# FREE FITNESS CLASS WEEK SEPTEMBER 2-7

## (NO classes September 3)

### AEROBICS

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Room Location</u>	<u>Instructor</u>
Sunday	Zumba	4:30pm	Flanagan	Yudy
Tuesday	Zumba	5:10pm	Flanagan Racquetball 5	Sandy
Wednesday	Zumba	6:10pm	Flanagan	Yudy
Thursday	Zumba	5:10pm	Flanagan	Geeta
Friday	Zumba	1:10pm	Flanagan	Sandy

### X-TRAINING & SCULPT

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Room Location</u>	<u>Instructor</u>
T / TH	Total Body	12:10pm	Flanagan	Karen
Tuesday	Core N'More	5:10pm	Flanagan	Donna
Wednesday	Awesome Abs	4:00pm	Flanagan	Aidan
Wednesday	Turbo Kick®	5:10pm	Flanagan	Courtney
Wednesday	Boot Camp	11:00am	Flanagan	Karen
Wednesday	Tabata	5:10pm	Ernie Davis	Leah

### MIND/BODY

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Room Location</u>	<u>Instructor</u>
Sunday	Yoga Flow	5:30pm	Flanagan	Linda
T / TH	Yoga'lates	5:10pm	Ernie Davis	Linda
T / TH	Yoga	4:05pm	Flanagan	Maggie
T / TH	Yoga	6:05pm	Flanagan	Julia
Wednesday	Vinyasa	12:10pm	Flanagan	Mollie
Friday	Vinyasa	11:05am	Flanagan	Mollie

### CYCLE

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Room Location</u>	<u>Instructor</u>
Sunday	Cycle 50	4:00pm	Flanagan Racquetball 9	Lauryn
Tuesday	Cycle 50	6:10pm	Flanagan Racquetball 9	Donna
Wednesday	Cycle 50	8:30am	Flanagan Racquetball 9	Michelle
Wednesday	Cycle 50	8:30pm	Flanagan Racquetball 9	Lauryn
Thursday	Cycle 50	5:30pm	Flanagan Racquetball 9	Janice