

CD=Charlene Duvall
 KK=Kim King
 QM=Qweshanda Maney
 SS = Stephanie Solazzo
 RP = Rachel Peaks
 JR = Jennifer Ridge
 BW = Becky Williams



LC=Lynnette Carter
 PJ=Patricia Jankowsky
 BD=Brooke Diaz
 EH = Evelyn Hall
 SW = Stephanie Wendorff
 SH = Sherri Haggerty

AUGUST 2014 AEROBIC CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM		(SS) Flow Yoga		(SS) Fitness Yoga		
8:30 AM	(SW) Mix & Max (LC) Water Aerobics	(LC) Sculpt & Tone	(LC) Mix & Max	(LC) Sculpt & Tone	(SW or JR) Mix & Max (LC) Water Aerobics	
9:30 AM	(LC) SS Classic	(LC) SS Cardio Circuit	(LC) Water Aerobics	(CD) SS Yoga	(LC) SS Classic	(BW) Kids Aerobics
10:30 AM	(CD) SS Yoga	(RP) House Party Fitness	(QM) On My Weigh House Party Fitness	(RP) House Party Fitness		(QM) On My Weigh House Party Fitness
11:30 AM		(SS) Fitness Yoga		Starts @ Noon (SS) Flow Yoga		
4:00 PM		(EH) Kids Aerobics		(EH) Kids Aerobics		
5:00 PM	(JR) Mix & Max	(RP or QM) House Party Fitness		(BD) House Party Fitness	(CD) Kids Yoga	
6:00 PM	(CD) Yoga	(KK) Fat Blaster (SH) Water Aerobics (begins 7/22)	(SS) Power Yoga	(KK) Fat Blaster (SH) Water Aerobics (begins 7/22)	(CD) Yoga	
7:00 PM				(CD) Yoga	(BD) House Party Fitness	
7:30 PM	(PJ) Zumba	(PJ) Zumba Toning	(PJ) Zumba			

SS Classic- *Silver Sneakers* class- Muscle Strength & Range of Movement will help to improve agility, balance, coordination and activities for daily living, using a chair, ball, free weights, and bands.

Fat Blaster- This class will blast fat cells and burn calories, using multiple disciplines including circuit, intervals, kickboxing, and step!

Kids Aerobics- A fun filled class to keep your child moving aerobically by playing games and challenging obstacle courses, they won't even realize they are working out!

Kids Dance Party- A high-energy dance class with cardio-based dance movements that are easy to learn and follow. No dance experience required!

Kids Yoga- This class is done while the instructor tells a story and incorporates yoga poses through- out that coordinate with the story. This is a fun relaxing, learning time for your child.

Mix & Max - A full on calorie scorching aerobics class with a variation of Step, Intervals, Super Sets, and Tabatas.

Sculpt & Tone- Reshape, sculpt and tone your body using a combination of free weights, bars, bands, balls, and mats.

Yoga - A class to stretch your mind, body, and spirit. Several modifications are taught to make your experience as relaxed or challenging as you like.

SS Yoga- *Silver Sneakers* class will move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement.

Zumba- Latin inspired dance-fitness class with cardio-based dance movements that are easy to follow. No dance experience required!

House Party Fitness- Enjoy hip hop beats with moves that target the areas of your body that you want toned, and the cardio will melt the fat away.

Water Aerobics – Full body work out in the enjoyment of water!! Low impact – easy on the joints!! Everyone welcome!!

SS Cardio Circuit – *Silver Sneakers* – All Welcome!! Strength training and range of motion with cardio intervals.

Flow Yoga – move in and out of poses in a fluid motion. This class challenges you beyond a beginner status. Prior knowledge of poses is a plus.

Fitness Yoga – incorporates the use of elastic bands and light weights. This class will give you the experience of a whole body workout.

Power Yoga –Increase your cardio & strength stamina in this challenging class. Prior knowledge of poses is a plus.