

AEROBIC & FITNESS CLASS SCHEDULE

February 2012

All classes run for 1 month sessions (beginning on the 1st of the month)

Cost is per month unless otherwise noted

Class	Day(s)	Time	Instructor	Studio	Cost per Month	
					Member	Non-Member
Spin	M-W-F	6:00-6:45 am	Michelle/Callen	Flex	\$15.00	\$35.00
Young at Heart (AOA)	M-W-F	7:00-8:00 am	Wendy	Aerobics	\$15.00	\$35.00
Silversneakers	M-W-F	8:15-9:15 am	Wendy	Aerobics	\$15.00	\$35.00
Spin	M-W-F	8:30-9:30	Michelle J.	Flex	\$15.00	\$35.00
Fit For Life (AOA)	M-W	10:00-11:00 am	Wendy	Aerobics	\$15.00	\$35.00
	F	11:45 am-12:45 pm				
Spin Express	M-W-F	12:15-12:45 pm	John L.	Flex	Free	\$17.00
K-2 Gym (grades K-2)	M	3:30-4:15 pm	Deirdre Z.	Gym	Free	\$10.00
Kickboxing	M-W-Th	3:30-4:30 pm	Barb A.	Aerobics	\$15.00	\$35.00
Teen Spin	M-W-F	3:45-4:45 pm	Jackie	Flex	\$15.00	\$35.00
Zumba	M-W-F	5:00-6:00 pm	Barb J.	Aerobics	\$15.00	\$35.00
Spin	M-W-F	5:15-6:15 pm	Jackie	Flex	\$15.00	\$35.00
Turbo kick	M-W-F	7:15-8:15 pm	Michelle	Aerobics	\$15.00	\$35.00
Spin	T-Th	6:00-7:00 am	Michelle	Flex	\$10.00	\$25.00
Power 45	T-Th	6:00-6:45 am	Jen	Aerobics	\$10.00	\$25.00
Yoga Gold	T-Th	8:20-9:20 am	Lisa S.	Aerobics	\$10.00	\$25.00
QiGong	T-Th	9:30-10:30 am	Joshua	Aerobics	\$10.00	\$25.00
T'ai Chi	T-Th	10:30-11:30 am	Joshua	Aerobics	\$10.00	\$25.00
Core	T-Th	12:15-12:45 pm	Lisa S.	Aerobics	\$5.00	\$15.00
Body Sculpting	T-Th	5:00-6:00 pm	Chris L.	Aerobics	\$10.00	\$25.00
Spin	T-Th	5:15-6:15 pm	Renea	Flex	\$10.00	\$25.00
Yoga	T-Th	6:05-7:05 pm	Lisa S.	Aerobics	\$10.00	\$25.00
Evening Spin	T-Th	7:15-8:15 pm	Katie	Flex	\$10.00	\$25.00
KidFit (grades K-2)	W	3:15-4:00 pm	Barb J.	Gym	Free	\$20.00
KidFit (grades 3-6)	W	4:00-4:45 pm	Barb J.	Gym	Free	\$20.00
Line Dancing	F	9:30-11:30 am	Dixie	Aerobics	\$1/class	\$4/class
Line Dancing	F	1:00-2:30 pm	Dixie	Aerobics	\$1/class	\$4/class
Body Sculpting	Sa	9:00-10:00 am	Laura V.	Aerobics	\$5.00	\$12.00
Spin	Sa	9:00-10:30 am	Renea	Flex	\$7.50	\$15.00
Salsa Dance	Sa	10:30-11:30 am	Jose' Cruzado	Aerobics	\$5.00	\$12.00
Belly Dancing (Jan.-Apr.)	Sa	11:30-12:30 am	AU MEDO*	Aerobics	\$5.00	\$12.00

* Alfred University Middle Eastern Dance Organization