

Dan Kinney Family Center

Aerobics Schedule

Dec. 1st-12th

Each Class will be in Aerobics Room
***Except where noted**

Monday	Tuesday	Wednesday	Thursday	Friday
			5:30am Muscle Fusion \$	
	6:00am Boot Camp \$		6:00am Boot Camp \$	
8:30am Silver Sneakers Circuit	8:30am Silver Sneakers Classic	8:30am Silver Sneakers Circuit	8:30am Silver Sneakers Classic	8:30am Silver Sneakers Circuit
9:30am Boot Camp \$	9:30am Muscle Fusion \$	9:30am Boot Camp \$	9:30am Muscle Fusion \$	9:30am Boot Camp \$
10:30am Silver Sneakers Circuit	10:30am Silver Sneakers Classic	10:30am Silver Sneakers Circuit	10:30am Silver Sneakers Yoga	10:30am Silver Sneakers Circuit
11:30am *Pilates In Community Room		11:30a *Pilates In Community Room	11:15a Pilates	ONLY DEC. 12th 11:30a *Pilates Community Room