





# December-February

## Aerobics Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
6-7am	Yoga *Anna		Rise & Shine Yoga *Anna	Boot Camp *Vikie or Lacey	Yoga Mix *Anna
11:30- 12:15pm	Spin + Abs *Diane	60 min Yoga *Anna	Kickboxing *Clay	Pilates *P.J.	Spin *Vikie
12:15-1pm	Cardio Boot Camp *Lacey		Upper & Lower Body Burn *Patti		Zumba *Vikie
12:30- 1:15pm		Step to the Beat *Lacey		Cardio Sculpt *P.J.	
5:30- 6:30pm	Spin & Tone *Lacey	Zumba *Krista	Cardio Pump *Lacey		
	