

LAC AEROBICS
NEW YEAR FITNESS SCHEDULE 2012
Jan. 2 – March 25

MON	TUES	WED	THUR	FRI	SAT	SUN
	5:30-6:15 SPIN Sarah	5:15-6:00 BOOT CAMP Amanda	5:30-6:15 SPIN Sarah		9:00-10:00 SPINNING Stacie	
5:30-6:30 BOOT CAMP BOXING Bill Meets on basketball court	5:30-6:30 BOOT CAMP BOXING Bill Meets on basketball court	6:00-6:15 Ab-o-licious Amanda	5:30-6:30 BOOT CAMP BOXING Bill Meets on basketball court	5:30-6:30 BOOT CAMP BOXING Bill Meets on basketball court	9:45-10:00 RHYTHM & WEIGHTS Barry	
	9:15-10:15 SPIN Susie		9:15-10:15 SPIN Susie		10:00-11:00 ZUMBA Barry	
9:00-10:15 POWER MUSCLE Sarah	9:00-10:00 Silversneakers MSROM Anna	9:00-10:15 POWER MUSCLE Sarah	9:00-10:00 Silversneakers MSROM Anna	9:00-10:15 POWER MUSCLE Sarah	11:00-11:20 ZUMBA BASICS Barry	
9:30-10:30 BOOT CAMP BOXING Bill Meets on Basketball Court		9:30-10:30 BOOT CAMP BOXING Bill Meets on Basketball Court		9:30-10:30 BOOT CAMP BOXING Bill Meets on Basketball Court	11:00-12:00 BOOT CAMP BOXING Bill Meets on basketball court	
10:30-11:30 AQUA YOGA Katie		10:30-11:30 AQUA YOGA Katie	10:30-11:30 AQUA AEROBICS Katie	12:30-1:30 YIN YOGA Alice	10:30-11:30 AQUA AEROBICS Katie	
6:00-6:45 RUMP SHAKIN' Rebekah	4:45-5:45 POWER MUSCLE Sarah		4:45-5:45 POWER MUSCLE Sarah			12:45-1:00 RHYTHM & WEIGHTS Barry
6:45-7:00 Abs Rebekah	5:45-6:45 ZUMBA Jessica	5:30-5:45 RHYTHM & WEIGHTS Barry	5:45-6:45 ZUMBA Jessica			1:00-2:00 ZUMBA Barry
6:30-7:30 BOOT CAMP BOXING Bill Meets on basketball court	6:30-7:30 BOOT CAMP BOXING Bill Meets on basketball court	6:30-7:30 BOOT CAMP BOXING Bill Meets on basketball court	6:30-7:30 BOOT CAMP BOXING Bill Meets on basketball court	6:30-7:30 BOOT CAMP BOXING Bill Meets on basketball court		
7:00-7:15 RHYTHM & WEIGHTS Barry	6:30-7:30 SPINNING Stacie	5:45-6:45 ZUMBA Barry	6:30-7:30 SPINNING Stacie			
7:15-8:15 ZUMBA Barry						