



## ***AEROBICS SCHEDULE***

### **YOGA**

***TUESDAY & THURSDAY***

***8:15AM INTERMEDIATE***

***9:30AM BEGINNER***

### **INTERVAL TRAINING WITH JANI**

***WEDNESDAY 8:00AM***

***FRIDAY 8:30AM***

### **SPIN WITH KYM**

***MONDAY 9:00AM***

***WEDNESDAY 6:00PM***