

AEROBICS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		RIPPED [STACIE]		RIPPED [STACIE]		
8:30 AM	SS CIRCUIT [CANDICE]	SS YOGA [CAREY]	SS CIRCUIT [CANDICE]	SS YOGA [CAREY]	SS CIRCUIT [CANDICE]	8:05AM SPINNING [STACIE]
9:30 AM	STEP & SCULPT [BAKER]	SPINNING [CAROLE]	ZUMBA [KERI]	SPINNING [CAROLE]	STEP & SCULPT [BAKER]	STEP & TONE [SHEILA]
10:30 AM	SS CLASSIC [KERI]	SENIOR CARDIO [JENNY]	SS CLASSIC [KERI]	SENIOR CARDIO [JENNY]	SS CLASSIC [KERI]	SHEILA'S CARDIO JAM SBS (FEE APPLIES)
11:30 AM	SS CIRCUIT [CANDICE]					
5:30 PM	STEP [SHEILA]	5:30-6:15PM SHEILA'S CORE SBS (FEE APPLIES)	TOTAL BODY STRETCH [SHEILA]	5:40-6:20PM SHEILA'S SPIN 40 SBS (FEE APPLIES)		
6:30 PM	YOGA [CAROLE] (FEE APPLIES)	SHEILA'S CARDIO JAM SBS (FEE APPLIES)	6:15-7:00PM SHEILA'S 15/15/15 BOOT CAMP SBS (FEE APPLIES)	INSANITY [CHRIS] (FEE APPLIES)		

SS - SILVERSNEAKERS CLASSICS (CLASSIC, CIRCUIT, YOGA, & SENIOR CARDIO)

SPINNING

Participants burn an average of 500 calories in 40 minutes of non-impact, individually paced, cardio exercise.

STEP & SCULPT

A combination of step aerobics and body sculpting. Suitable for intermediate and advanced levels.

TOTAL BODY STRETCH

For those who want more flexibility! Different methods of stretch set to popular music.

RIPPED

RIPPED= (R) Resistance (I) Intervals (P) Power (P) Plyometrics (E) Endurance (D) Dedication

INSANITY

Max interval training that's extremely effective in building endurance, enhancing strength, and burning calories. Insanity will deliver total body conditioning and an ability to reach new training heights.

SHEILA'S BODY SHOP (SBS)

Flyer at front desk with class descriptions (\$5 class Member, \$10 Non-Member)