

AEROBICS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM						
8:30 AM	SS CIRCUIT [CANDICE]	SS YOGA [CAREY]	SS CIRCUIT [CANDICE]	SS YOGA [CAREY]	SS CIRCUIT [CANDICE]	SPIN TO RETURN IN THE FALL
9:30 AM	STEP & SCULPT [BAKER]	SPINNING [CAROLE]	TONING/CORE [SUSIE]	SPINNING [CAROLE]	STEP & SCULPT [BAKER]	9:30-10:10 STEP & TONE [SHEILA]
10:30 AM	SS CLASSIC [SUSIE]	SENIOR CARDIO [SHEILA]	SS CLASSIC [SUSIE]	SENIOR CARDIO [SHEILA]	SS CLASSIC [SUSIE]	
11:30 AM	SS CIRCUIT [CANDICE]					
5:30 PM	5:30-6:00PM STEP & TONE [SHEILA]	5:30-6:00PM SHEILA'S CORE SBS (FEE APPLIES)		5:30-6:00PM TOTAL BODY STRETCH [SHEILA]		
6:30 PM	TAI CHI CHUAN [RICHARD] (FEE APPLIES)			6:15-6:50PM SHEILA'S CARDIO DRUMMING SBS (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.

TAI CHI CHUAN

Ancient Chinese martial art practiced by people of all ages for a wide range of reasons including improved balance, calmness, self-confidence, increased mobility, and improvement in range of movement. \$10 Fee

TEMPORARY GYM HOURS: MON-FRI 5:30AM-8PM, SAT & SUN 8AM-5PM

SHEILA'S BODY SHOP (SBS)

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