



AEROBICS

SUN	MON	TUE	WED	THU	FRI	SAT
	zumba (pat welk) 9a-10a		zumba (pat welk) 9a-10a		tabata (pat welk) 9a-10a	fusion exercise (elissa) 9a -10a
	enhanced fitness (susan) 10a-11a		enhanced fitness (susan) 10a-11a		enhanced fitness (susan) 10a-11a	
		zumba (lisa) 5:30p-6:30p	fusion exercise (elissa) 5:30p-6:30p	zumba (lisa) 5:30p-6:30p		
		yoga (samantha) 6:45p - 7:45		yoga (samantha) 6:45p - 7:45		