

## Wellness Center Aerobics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:00a – 6:00a</b>	Indoor Cycling	Indoor Cycling (Jennifer)		Indoor Cycling (Jennifer)		<b>CLOSED</b>
<b>6:00a – 7:00a</b>			BARRE			
<b>8:00a – 9:00a</b>	Hi/Lo Aerobics w/ abs	BODYPUMP	Pilates	BODYPUMP	Cardio/ Barre & Core	
<b>9:00a – 10:00a</b>	Yoga	Yoga (9:00a-10:30a)		Yoga (9:00a-10:30a)		
<b>10:00a – 11:00a</b>	Simply Stretching		Simply Stretching		Simply Stretching	
<b>11:00a – 12:00p</b>	Parkinson's Exercise		Parkinson's Exercise		Parkinson's Exercise	
<b>12:00p – 1:00p</b>		Pilates	Pilates	Pilates		
<b>4:00p – 5:00p</b>			KICKBOXING			<b>CLOSED</b>
<b>4:30p – 5:30p</b>	KICKBOXING	BODYPUMP		BODYPUMP		<b>CLOSED</b>
<b>5:30p – 6:30p</b>	Indoor Cycling (Melodye)	Indoor Cycling (Melodye)		Indoor Cycling (Melodye)		<b>CLOSED</b>
<b>6:30p – 7:30p</b>		BARRE		BARRE		<b>CLOSED</b>