

July 2010 Aerobics Classes



NOTE: Parent/Youth Fit Class is a circuit class designed for ages 10 and up. Parent or legal guardian is required to accompany youth ages 10-15 for all Fit Classes. All classes will be held in Gym Court 2.

5		Monday		6		Tuesday		7		Wednesday		8		Thursday		9		Friday		10		Saturday	
ABS	1130-1200	LT's Cardio Tone	0600-0645	Circuit Training	0700-0745	LT's Cardio Tone	0600-0645	ABS	1130-1200	Parent/Youth Fit Class		Freedom Run	0700	ABS	1130-1200	Parent/Youth Fit Class		Freedom Run	0700	ABS	1130-1200	Parent/Youth Fit Class	
CYCLE	1200-1245	Extreme ABS	0700-0730	ABS	1130-1200	Extreme ABS	0700-0730	ABS	1130-1200	1000-1045		BOOTCAMP	1530-1615	CYCLE	1200-1245	1000-1045		BOOTCAMP	1530-1615	CYCLE	1200-1245	1000-1045	
		Strength training 101	0730-0830	**Kickboxing	1200-1245	Strength training 101	0730-0830	**Kickboxing	1200-1245				Strength training 101	1530-1630				Strength training 101	1530-1630				
		BOOTCAMP	1530-1615	Parent/Youth Fit Class	1730-1815	BOOTCAMP	1530-1615	Parent/Youth Fit Class	1730-1815														
12		Monday		13		Tuesday		14		Wednesday		15		Thursday		16		Friday		17		Saturday	
ABS	1130-1200	LT's Cardio Tone	0600-0645	Circuit Training	0700-0745	LT's Cardio Tone	0600-0645	ABS	1130-1200	Parent/Youth Fit Class		LT's Cardio Tone	0600-0645	ABS	1130-1200	Parent/Youth Fit Class		LT's Cardio Tone	0600-0645	ABS	1130-1200	Parent/Youth Fit Class	
CYCLE	1200-1245	Extreme ABS	0700-0730	ABS	1130-1200	Extreme ABS	0700-0730	ABS	1130-1200	1000-1045		Extreme ABS	0700-0730	CYCLE	1200-1245	1000-1045		Extreme ABS	0700-0730	CYCLE	1200-1245	1000-1045	
		Strength training 101	0730-0830	**Kickboxing	1200-1245	Strength training 101	0730-0830	**Kickboxing	1200-1245			BOOTCAMP	1530-1615	Strength training 101	1530-1630			Strength training 101	1530-1630				
		BOOTCAMP	1530-1615	Parent/Youth Fit Class	1730-1815	BOOTCAMP	1530-1615	Parent/Youth Fit Class	1730-1815														
19		Monday		20		Tuesday		21		Wednesday		22		Thursday		23		Friday		24		Saturday	
ABS	1130-1200	LT's Cardio Tone	0600-0645	Circuit Training	0700-0745	Extreme ABS	0700-0730	Extreme ABS	0700-0730	Parent/Youth Fit Class		Extreme ABS	0700-0730	ABS	1130-1200	Parent/Youth Fit Class		Extreme ABS	0700-0730	ABS	1130-1200	Parent/Youth Fit Class	
CYCLE	1200-1245	Extreme ABS	0700-0730	ABS	1130-1200	BOOTCAMP	1530-1615	ABS	1130-1200	1000-1045		BOOTCAMP	1530-1615	CYCLE	1200-1245	1000-1045		BOOTCAMP	1530-1615	CYCLE	1200-1245	1000-1045	
		Strength training 101	0730-0830	**Kickboxing	1200-1245	Strength training 101	0730-0830	**Kickboxing	1200-1245			Strength training 101	1530-1630					Strength training 101	1530-1630				
		BOOTCAMP	1530-1615	Parent/Youth Fit Class	1730-1815	BOOTCAMP	1530-1615	Parent/Youth Fit Class	1730-1815														
26		Monday		27		Tuesday		28		Wednesday		29		Thursday		30		Friday		31		Saturday	
ABS	1130-1200	Extreme ABS	0700-0730	Circuit Training	0700-0745	Extreme ABS	0700-0730	Extreme ABS	0700-0730	Parent/Youth Fit Class		Extreme ABS	0700-0730	ABS	1130-1200	Parent/Youth Fit Class		Extreme ABS	0700-0730	ABS	1130-1200	Parent/Youth Fit Class	
CYCLE	1200-1245	Strength training 101	0730-0830	ABS	1130-1200	BOOTCAMP	1530-1615	ABS	1130-1200	1000-1045		BOOTCAMP	1530-1615	CYCLE	1200-1245	1000-1045		BOOTCAMP	1530-1615	CYCLE	1200-1245	1000-1045	
		BOOTCAMP	1530-1615	**Kickboxing	1200-1245	Strength training 101	1530-1630	**Kickboxing	1200-1245			Strength training 101	1530-1630					Strength training 101	1530-1630				
				Parent/Youth Fit Class	1730-1815			Parent/Youth Fit Class	1730-1815														

****All Classes Meet Fitness Improvement Program (FIP) Requirements Except for Kickboxing
Contact the Fitness Center at 722-0408 for Questions**