

## SATURDAY ROTATING FITNESS CLASS SCHEDULE

November 5, 2011-May 19, 2012

9a.m.-10a.m. – Fitness Studio

### November:

|    |         |         |
|----|---------|---------|
| 5  | Yoga    | Michele |
| 12 | Cycling | Doug    |
| 19 | Step    | Roxie   |
| 26 | None    |         |

### December:

|    |           |         |
|----|-----------|---------|
| 3  | Yoga      | Michele |
| 10 | Yogalates | Carmen  |
| 17 | Zumba     | Casey   |
| 24 | None      |         |
| 31 | None      |         |

### January:

|    |            |         |
|----|------------|---------|
| 7  | Yoga       | Michele |
| 14 | Kickboxing | Val     |
| 21 | Pilates    | Joan    |
| 28 | Aerobics   | Sheila  |

### February:

|    |                  |         |
|----|------------------|---------|
| 4  | None – Swim Meet |         |
| 11 | Yoga             | Michele |
| 18 | Spartacus        | Tom     |
| 25 | Cycling          | Amye    |

### March:

|    |            |         |
|----|------------|---------|
| 3  | Yoga       | Michele |
| 10 | Step       | Amy     |
| 17 | Yogalates  | Melissa |
| 24 | Zumba      | Susie   |
| 31 | Kickboxing | Lindsay |

April:

|    |          |         |
|----|----------|---------|
| 7  | None     |         |
| 14 | Yoga     | Michele |
| 21 | Pilates  | Joanne  |
| 28 | Aerobics | Sheila  |

May:

|    |           |         |
|----|-----------|---------|
| 5  | Yoga      | Michele |
| 12 | Spartacus | Joan    |
| 19 | Cycling   | Ron     |

\*\*Classes subject to cancellation due to low enrollment.