



September North Aerobic Schedule

Monday

Zumba

8:30-9:30 AM - Nayeri

Sculpt

9:30-10:30 AM - Angela

Tone/Sculpt

5:30-6:30 PM - Cynde

High Fitness

6:30-7:30 PM - Emily

Tuesday

Kickbox Circuit

9:00-10:00 AM - Cynde

Dance Fitness

10:00-11:00 AM - Kiran

High Fitness

5:30-6:30 PM - Kim/Nicole

Turn Up Dance Fitness

6:30-7:30 PM - Angela

Yoga

7:35-8:35 PM - Ginger

Wednesday

Tone/Sculpt

8:30-9:30 AM - Cynde

Surge Strength

9:30-10:30 AM - Hannah

Turn Up & Tone

10:30-11:30 AM - Angela G.

Tone/Sculpt

5:30-6:30 PM - Cynde

High Fitness

6:30-7:30 PM - Michelle/Geni

Thursday

High Fitness

8:00-8:55 AM - Victor/Meghan

Kickbox Circuit

9:00-10:00 AM - Cynde

Dance Fitness

10:00-11:00 AM - Kiran

High Fitness

5:30-6:30 PM - Lisette

Yoga

6:30-7:30 PM - Tracy

Friday

High Fitness

9:00-10:00 AM - Kim/Nicole

Turn Up Dance Fitness

10:00-11:00 AM - Nayeri

Yoga

6:30-7:30 PM - Nancy

Saturday

Surge Strength

8:00-9:00 AM - Hannah

Dance Fitness

9:15-10:15 AM - Kiran

Yoga

10:30-11:30 AM - Eleanor

Sunday

High Fitness

9:00-10:00 AM - Katie

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