



December North Aerobic Schedule

Monday

Zumba

8:30-9:30 AM - Nayeri

Surge Strength

9:30-10:30 AM - Meghan

Tone/Sculpt

5:30-6:30 PM - Cynde

High Fitness

6:30-7:30 PM - Emily

Pilates

7:30-8:30 PM - Willow

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 Hybrid

9:30-10:30 AM - Hannah

Tone/Sculpt

5:30-6:30 PM - Cynde

High Fitness

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

Pilates

7:30-8:30 PM - Willow

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

Pilates

4:30-5:30 PM - Willow

High Fitness

5:30-6:30 PM - Lisette

Yoga

6:40-7:40 PM - Tracy

Friday

Surge Strength (starting 10/17/25)

8:00-9:00 AM - Gina

High Fitness

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

Turn Up Dance Fitness

10:00-11:00 AM - Nayeri

Yoga

6:00-7:00 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/Tracy

Sunday

High Fitness

9:00-10:00 AM - Katie/Barbara

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