



May 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
Sculpt Pilates
7:30 PM-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 Strength
9:30-10:30 AM - Hannah
Sculpt Pilates
10:30 AM-11:30 AM - Willow
Tone/Sculpt
5:30-6:30 PM- Cynde
High Fitness
6:30-7:30 PM - Michelle/Geni
Sculpt Pilates
7:30 PM-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
High Fitness
5:30-6:30 PM - Lisette
Yoga
6:40-7:40 PM - Tracy
Sculpt Pilates
7:40 PM -8:40 PM - Willow

Friday

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

Sunday

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