



January West Aerobic Schedule

Monday

Zumba

9:00-10:00 AM - Jessica

High Low/Sculpt Fuse

5:30-6:30 PM - Jose

Zumba

6:30-7:30 PM - Amanda

Tuesday

Strength & Stretch

8:00-9:00 AM - Shawna H.

Zumba

9:00-10:00 AM - Tia

Kettlebell HIIT

5:30-6:30 PM - Shawnae

Zumba

6:30-7:30 PM - Stephany

Wednesday

Zumba

9:00-10:00 AM - Jessica

Total Body HIIT

5:30-6:30 PM - Cindy

Yoga

6:30-7:30 PM - Tracy

Thursday

Strength & Stretch

8:00-9:00 AM - Shawna H.

Zumba

9:00-10:00 AM - Tia

Zumba

4:30-5:30 PM - Tia

Body Sculpt

5:30-6:30 PM - Shawnae

High Yo

6:30-7:30 PM - Jenny

Friday

Strength & Stretch

8:00-9:00 AM - Shawna H. (starting 1/10/25)

Zumba

9:00-10:00 AM - Tia

Total Body HIIT

5:00-6:00 PM - Shawnae

Saturday

Zumba

8:00-9:00 AM - Tia

Sculpt Fuse

9:00-10:00 AM - Jose

Boot Camp

10:00-11:00 AM - Shawnae/Kathryn

Sunday

High Low/Sculpt Fuse

9:00-10:00 AM - Jose

Kettlebell

10:00-11:00 AM - Cindy

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