



# September North Aerobic Schedule

## Monday

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### 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

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### 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 - Jenny/Carmen

### Turn Up Dance Fitness

6:30-7:30 PM - Erin

### Yoga

7:35-8:35 PM - Ginger

## Wednesday

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### 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

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### 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 - Eli

## Friday

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### Surge Strength

8:00-9:00 AM - Gina

### High Fitness

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

### Turn Up Dance Fitness

10:00-11:00 AM - Nayeri

### Yoga

6:00-7:00 PM - Nancy

## Saturday

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### 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

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### High Fitness

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