November 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
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

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
High Fitness
5:30-6:30 PM - Lisette
Yoga
6:30-7:30 PM - Eli

Friday

Surge Strength
8:00-9:00 AM - Gina
High Fitness
9:00-10:00 AM - Jenny/Carmen
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 - Tracy

Sunday

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

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