



EUTAW AEROBIC SCHEDULE February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 AM Cardio Circuit - Jen	6:00 - 7:00 AM Spin - Terrie	6:00 - 7:00 AM Pump It Up - Jen	6:00 - 7:00 AM Spin - Dan	6:00 - 7:00 AM TRX - Fee - NeuWave	8:30 - 9:30 AM Every Saturday Senior Toning - Sally 9:30 - 10:30 AM 4th: Zumba - Fanny 11th: Extreme Cardio - Tammi 18th: Zumba - Fanny 25th: Extreme Cardio - Tammi	
7:00 - 8:00 AM Yoga - Sara	7:15 - 8:15 AM TRX - Fee - NeuWave	7:15 - 8:15 AM TRX - Fee - NeuWave	8:30 - 9:30 AM Zumba Gold - Michelle	7:00 - 8:00 AM Yoga - Sara		
8:30 - 9:30 AM Zumba - Mary B.	9:30 - 10:30 AM Turbo Kick - Carrot	8:30 - 9:30 AM Piloxing - Juleen	9:30 - 10:30 AM Zumba - Carrot	8:30 - 9:30 AM Zumba - Mary B.		
9:30 - 10:30 AM Step - Michelle	10:30 - 11:30 AM Cardio Pump - Carrot	9:30 - 10:30 AM Step - Michelle	11:00 - 12:00 PM Lite, Easy, Fun - Juleen	9:30 - 10:30 AM Piloxing - Katie		
10:30 - 11:30 AM Pump It Up - Michelle		10:30 - 11:30 AM Pump It Up - Michelle		10:30 - 11:30 AM Pump It Up - Katie		
11:30 - 12:30 PM Barre Tight - Jessica		11:30 - 12:30 PM Barre Tight - Jessica		11:30 - 12:30 PM Pilates - Jenya		

Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00-2:00 PM Cardio Strength-Kathy	12:00 - 1:15 PM Therapeutic Yoga - JB	12:30 - 1:30 PM TRX - Fee - NeuWave	12:00 - 1:15 PM Therapeutic Yoga - JB	1:00 - 2:00 PM Cardio Strength - Kathy	12:00 - 1:00 PM Core Running Club	2:00 - 3:00 PM
2:00 - 3:00 PM Yoga - Sally	1:30 - 2:30 PM Cross Spin - Francis	2:00 - 3:00 PM Zumba - Fanny	1:30 - 2:30 PM Cross Spin - Francis	2:00 - 3:00 PM Yoga - Sally		5th: Zumba - Carrot 12th: Zumbatomic - Carrot 22nd: Bootcamp - Sherrine 29th: Bootcamp - Sherrine

Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 6:00 PM Zumba - Tiffany	4:30 - 5:30 PM Step - Tammi	4:15 - 5:00 PM Pilates Express- Juleen	4:30 - 5:30 PM Barre Tight - Jessica	5:00 - 6:00 PM Zumba - Tammi/Mary B.		
6:00 - 7:00 PM Essential Yoga - Janis	5:30 - 6:30 PM Zumba- Tammi/Mary B.	5:00 - 6:00 PM Pump It Up - Katie	5:30 - 6:30 PM Kickboxing - Tammi			
7:00 - 8:00 PM TRX - Fee - NeuWave	6:45 - 7:45 PM Yoga - Cassie	6:00 - 7:00 PM Piloxing - Crystal	6:45 - 7:45 PM Gentle Yoga - Cassie			
8:00 - 9:00 PM Cross Spin - Francis	7:45 - 8:45 PM TRX - Fee - NeuWave	7:00 - 8:00 PM TRX - Fee - NeuWave	7:45 - 8:45 PM TRX - Fee - NeuWave			
		8:00 - 9:00 PM Cross Spin - Francis				

Aqua

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00 AM Aqua Bike - Mary Grace	6:00 - 7:00 AM Aqua Bike - Danette	9:30 - 10:30 AM Aqua Aerobics - Mary	6:00 - 7:00 AM Aqua Bike - Danette	8:00 - 9:00 AM Aqua Bike - Danette	8:15 - 9:15 AM Aqua Bike 4th - Tiffany 11th - Tiffany 18th - Morgan 25th - Morgan 9:30 - 10:30 AM Instructors Choice 4th - Aerobics w/Henrietta 11th - Box w/Tiffany 18th - Aerobics w/Henrietta 25th - Zumba w/Morgan *Open swim is available during aqua bike classes*	
9:30 - 10:30 AM Aqua Aerobics - Mary Grace	9:00 - 10:00 AM Aqua Interval - Katie	10:30 - 11:30 AM Aqua Toning- Danette	9:00 - 10:00 AM Aqua Interval - Katie	9:30 - 10:30 AM Aqua Zumba - Tiffany		
10:30 - 11:30 AM Aqua Fitness - Danette	10:15 - 11:15 AM Intermediate Aqua Bike - Katie	12:00 - 1:00 PM Aqua Bike - Danette	10:15 - 11:15 AM Intermediate Aqua Bike - Katie	10:30 - 11:30 AM PiYo/Ai Chi - Danette		
12:00 - 1:00 PM Aqua Bike - Jodi	5:30 - 6:30 PM Aqua Box - Tiffany	4:30 - 5:30 PM Aqua Box - Tiffany	5:30 - 6:30 PM Aqua Interval - Tiffany	12:00 - 1:00 PM Aqua Bike - Jodi		
4:30 - 5:30 PM Aqua Interval - Laurie	6:45 - 7:45 PM Aqua Bike - Tiffany	5:30 - 6:30 PM Aqua Aerobics - Laurie	6:45 - 7:45 PM Aqua Bike - Tiffany	5:00 - 6:00 PM Aqua (Inst. Choice) - Laurie		
5:30 - 6:30 PM Aqua Aerobics - Henrietta	8:00 - 9:00 PM Intermed. Aqua Bike - Morgan	6:45 - 7:45 PM Aqua Bike - Tiffany	8:00 - 9:00 PM Intermed. Aqua Bike - Morgan			
6:45 - 7:45 PM Aqua Bike - Tiffany						



BORDEAUX AEROBIC SCHEDULE February 2012

Please note class schedule changes
 Kettlebells - Fee for Class - See Front Desk
 *Flow Yoga - Saturdays the 4th & 18th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:00 AM Morning Express - Roxanne	5:30 - 6:00 AM Morning Express - Roxanne	6:00 - 7:00 AM Boot Camp - Fee - NeuWave	5:30 - 6:00 AM Morning Express - Roxanne	6:00 - 7:00 AM Boot Camp - Fee - NeuWave	9:30 - 10:30 AM (4th & 18th) Flow Yoga - Sandra	
6:00 - 7:00 AM Boot Camp - Fee - NeuWave	6:00 - 7:00 AM Sunrise Yoga - Sally	7:00 - 8:00 AM Yoga - Sara	6:00 - 7:00 AM Sunrise Yoga - Sally	8:30 - 9:15 AM Cardio Circuit - Sherrine	10:30 - 11:30 AM Every Sat. Piloxing - Crystal	
8:30 - 9:15 AM Kettlebells - Clare	8:30 - 9:15 AM Kettlebells - Ann	8:30 - 9:15 AM Kettlebells - Clare	8:30 - 9:15 AM Kettlebells - Ann	9:15 - 10:15 AM Pump it Up - Tammi		
9:15 - 10:15 AM Pump It Up - Katie	9:15 - 10:15 AM Step - Tammi	9:15 - 10:15 AM Pump It Up - Sherrine	9:15 - 10:15 AM Step - Tammi	10:15 - 11:15 AM Yoga - Janis		
10:15 - 11:15 AM Yoga - Janis	10:15 - 11:15 AM Pilates - Juleen	10:15 - 11:15 AM Zumba - Tiffany	10:15 - 11:15 AM Pilates - Jenya	11:30 - 12:30 PM Piloxing - Tiffany		
11:30 - 12:30 PM Piloxing - Juleen	11:15 - 12:15 PM Zumba - Fanny	11:30 - 12:30 PM Yoga - Judy	11:15 - 12:15 PM Zumba - Fanny			

Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:15 - 12:15 PM Abs/Walking Club - Roxanne		11:15 - 12:15 PM Abs/Walking Club - Roxanne				1:30 - 2:30 PM Every Sunday Zumba - Tammi
12:30 - 1:00 PM Lunchbox Express - Roxanne		12:30 - 1:00 PM Lunchbox Express - Roxanne		12:30 - 1:00 PM Lunchbox Express - Roxanne		

Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 6:00 PM Piloxing - Crystal	5:00 - 6:00 PM Yoga - Cassie	4:00 - 5:00 PM Piloxing - Jessica	5:00 - 6:00 PM Yoga - Cassie	5:00 - 6:00 PM Zumba - Fanny		
6:15 - 7:15 PM Step - Toni	6:00 - 7:00 PM Pump It Up - Katie/Sherrine	5:00 - 6:00 PM Cardio Circuit - Carrot	6:00 - 7:00 PM Pump it Up - Delilia	6:15 - 7:15 PM X-treme Step - Toni		
	7:00 - 7:45 PM Beginning Step - Larry	6:00 - 7:00 PM Zumba - Carrot	7:00 - 8:00 PM Step - Delilia			
	7:45 - 9:00 PM Taekwondo - Fee for class	7:30 - 9:00 PM Taekwondo - Fee for class				

Spinning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15 - 11:15 AM Spinning - Becky	9:15 - 10:15 AM Spinning - Kim H.	6:00 - 6:45 AM Spinning - Dan	9:15 - 10:15 AM Spinning - Becky	6:00 - 6:45 AM (10th & 17th only) Spinning - Terrie	9:00 - 10:30 AM 4th: Terri 11th: Kristin 18th: Kristin 25th: Katie	
6:00 - 7:30 PM Spinning - Dan	10:15 - 11:15 AM Spinning - Tammi	10:15 - 11:15 AM Spinning - Kim H.	10:15 - 11:15 AM (2nd & 16th only) Spinning - Tammi	10:15 - 11:15 AM Spinning - Tammi		
	6:00 - 7:00 PM Spinning - Nlck	6:00 - 7:30 PM Spinning - Kristin	6:00 - 7:00 PM Spinning - Kim R.	11:15 - 12:00 PM Senior Spin - Roxanne		