



Open Swim is available during aqua bike classes
****Piloxing Event, Saturday, October 29th
 9:00 - 11:00 AM****

EUTAW AEROBIC SCHEDULE - OCTOBER 2011

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---|--|--|--|--|--|
| 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 | Instructor's Choice 8:30 - 9:30 AM | Instructor's Choice 9:30 - 10:30 AM |
| 7:00 - 8:00 AM Yoga - Samantha | 7:15 - 8:15 AM TRX - Fee - NeuWave | 7:15 - 8:15 AM TRX - Fee - NeuWave | 8:00 - 9:00 AM Spin - Francis | 7:00 - 8:00 AM Yoga - Sara | 1st: Piloxing - Juleen | 1st: Barre Tight - Kristi |
| 9:30 - 10:30 AM STEPalicious - Mary | 8:15 - 9:15 AM Spin - Francis | 8:30 - 9:30 AM Piloxing - Juleen | 9:30 - 10:30 AM Zumba - Carrot | 8:30 - 9:30 AM Zumba - Tammi | 8th: Piloxing - Jessica | 8th: Zumba - Tammi |
| 9:30 - 10:30 AM Step - Michelle | 9:30 - 10:30 AM Turbo Kick - Carrot | 9:30 - 10:30 AM Step - Michelle | 10:30 - 11:30 AM Zumba Toning - Carrot | 9:30 - 10:30 AM Piloxing - Katie | 15th: Piloxing - Tiffany | 15th: Yoga - Sara |
| 10:30 - 11:30 AM Pump It Up - Michelle | 10:30 - 11:30 AM Pump It Up - Carrot | 10:30 - 11:30 AM Pump It Up - Michelle | 11:00 - 12:00 PM Lite, Easy, Fun - Juleen | 10:30 - 11:30 AM Pump It Up - Katie | 22nd: Piloxing - Crystal | 22nd: 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 Barre Tight - Jessica | 29th: Piloxing Event 9:00 - 11:00 AM | 29th: Piloxing Event 9:00 - 11:00 AM |

Afternoon

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|--|--|--|--|--------------------------------------|--|
| 1:00 - 1:45 PM 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 | 12:00 - 1:00 PM Yoga - Janis | 12:00 - 1:00 PM Core Running Club | 2:00 - 3:00 PM 2nd: Zumba - Fanny |
| | 1:30 - 2:30 PM Spin - Francis | 2:00 - 3:00 PM Zumba - Fanny | 1:30 - 2:30 PM Spin - Francis | 1:00 - 1:45 PM Easy Cardio Strength - Kathy | | 9th: Zumba - Tammi 16th: Pilates - Kristi 23rd: Step - Tammi 30th: Yoga - Sally |

Evening

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------------------------------|---|--|-----------------------------------|----------|--------|
| 5:00 - 6:00 PM Zumba - Tiffany | 4:30 - 5:30 PM Step - Amaryllis | 4:15 - 5:00 PM Pilates - Juleen | 4:00 - 5:00 PM Barre Tight - Kristi | 5:30 - 6:30 PM Zumba - Tiffany | | |
| 6:00 - 7:00 PM Essential Yoga - Janis | 5:30 - 6:30 PM Zumba - Amaryllis | 5:00 - 6:00 PM Pump It Up - Katie | 5:15 - 6:15 PM Step - Amaryllis | | | |
| 7:00 - 8:00 PM TRX - Fee - NeuWave | 6:45 - 7:45 PM Yoga - Cassee | 6:00 - 7:00 PM Piloxing/Kickboxing - Katie | 6:45 - 7:45 PM Gentle Yoga - Cassee | | | |
| 8:00 - 9:00 PM 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 Spin - Francis | | | | |

Aqua

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|---------------------------------------|--------|
| 8:00 - 9:00 AM Aqua Bike - Jodi | 9:00 - 10:00 AM Aqua Interval - Katie | 9:30 - 10:30 AM Aqua Aerobics - Mary | 9:00 - 10:00 AM Aqua Interval - Katie | 8:00 - 9:00 AM Aqua Bike - Danette | Instructor's Choice 9:00 - 9:55 AM | |
| 9:30 - 10:30 AM Aqua Aerobics - Mary | 10:15 - 11:15 AM Intermediate Aqua Bike - Katie | 10:30 - 11:30 AM Aqua Tone - Danette | 10:15 - 11:15 AM Intermediate Aqua Bike - Katie | 9:30 - 10:30 AM Aqua Zumba - Tiffany | 1st: Aqua Aerobics - Henrietta | |
| 10:30 - 11:30 AM Aqua Fitness - Danette | 5:30 - 6:30 PM Aqua Box - Tiffany | 11:45 - 12:45 PM Aqua Bike - Danette | 5:30 - 6:30 PM Aqua Interval - Tiffany | 10:30 - 11:30 AM PiYo/Ai Chi - Danette | 8th: Aqua Aerobics - Henrietta | |
| 12:00 - 1:00 PM Aqua Bike - Jodi | 6:45 - 7:45 PM Aqua Bike - Tiffany | 4:30 - 5:30 PM Aqua Aerobics - Henrietta | 6:45 - 7:45 PM Aqua Bike - Tiffany | 12:00 - 1:00 PM Aqua Bike - Jodi | 15th: Aqua Bike - Jodi | |
| 4:30 - 5:30 PM Aqua Interval - Danette | 8:00 - 9:00 PM Intermediate Aq. Bike - Francis | 5:30 - 6:30 PM Aqua Aerobics - Laurie | 8:00 - 9:00 PM Intermediate Aq. Bike - Francis | 5:00 - 6:00 PM Aqua (Inst. Choice) - Laurie | 22nd: Aqua Bike - Danette | |
| 5:30 - 6:30 PM Aqua Aerobics - Laurie | | 6:45 - 7:45 PM Aqua Bike - Danette | | | 29th: Aqua Bike - Jodi | |
| 6:45 - 7:45 PM Aqua Bike - Tiffany | | | | | | |