

Fitness Center

AEROBICS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
7:15 a.m.	Recon Spin Rui	Recon Strength Training Rui	Recon Spin Rui	Recon Strength Training Rui	Recon Spin Catarina
8 a.m.	Recon Cardio Rui	Recon Cardio Rui	Recon Cardio Rui	Recon Cardio Rui	Recon Cardio Catarina
Afternoon					
4:30 p.m.	Zumba Heather	Spin Paula			Zumba Heather
5:30 p.m.	Body Sculpting Catarina	Step Catarina	Yoga Kim	Spin Paula	Power Strech Kim
6:30 p.m.			Zumba Heather		