

## June 2025 - Aerobics Schedule

| MONDAY<br>2                                                                                                                                                                                                                             | TUESDAY<br>3                                                                                                                                                                                                             | WEDNESDAY<br>4                                                                                                                                                                                                     | THURSDAY<br>5                                                                                                                                                                    | FRIDAY<br>6                                                                                                                                                             | SATURDAY<br>7                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 5:15- Cardio + Core- <b>Tessa</b><br>8:15- Barre - <b>Bri</b><br>9:15- Chair Yoga- <b>Brittany</b><br>10:15- PWR4LIFE- <b>Brittany</b><br>4:30- Express Circuit - <b>Staff</b><br>5:30-Pumped- <b>Liz</b><br>6:30- Yoga- <b>Melissa</b> | 5:15- Full Body Strength- <b>Angela</b><br>8:15- Spin & Strength - <b>Liz</b><br>9:15-Silversneakers- <b>Linda</b><br>10:15-PWR4LIFE- <b>Linda</b><br>4:30- Boxercise- <b>Carol</b><br>5:30- Line Dance- <b>Carol</b>    | 5:15-Balance + Mobility- <b>Angela</b><br>8:15- Build- Full Body- <b>Addison</b><br>9:15-Silver Strong- <b>Bri</b><br>10:30-PWR4Life- <b>Linda</b><br>4:30- Line Dance- <b>Carol</b><br>5:30- Spin 45- <b>Liz</b>  | 5:15- Barre- <b>Carol</b><br>8:15- Pilates- <b>Bri</b><br>9:15- Balance- <b>Bri</b><br>10:15- PWR4Life - <b>Bri</b><br>4:30- Pumped- <b>Liz</b><br>5:30- Yin Yoga- <b>Liz</b>    | 5:15-Fit & Flex- <b>Angela</b><br>8:15- Mixed Circuit- <b>Angela</b><br>9:15-Silversneakers- <b>Angela</b><br>10:30 PWR4LIFE- <b>Bri</b><br>12:00-Pumped 45- <b>Liz</b> | 8:30<br>Spin 30- <b>Liz</b><br><br>9:00<br>Pumped 30- <b>Liz</b> |
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