



# Lowry Fitness Center - 2016 Aerobic Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EFFECTIVE 8/15/16</b>				
<b>Morning Classes</b>				
	<b>Be Fit - Total Body</b> 6:00-6:45am		<b>Be Fit - Bootcamp</b> 6:00-6:45am	
	<b>Spin &amp; Trim</b> 6:00-6:45am		<b>Spin &amp; Trim</b> 6:00-6:45am	
	<b>SilverSneakers® Classic</b> 7:30a-8:00a		<b>SilverSneakers® Classic</b> 7:30a-8:00a	
<b>SilverSneakers® Cardio</b> 8:00-8:30am	<b>SilverSneakers® Cardio (S)</b> 8:00-8:30am	<b>Zumba® Gold</b> 8:00-8:30am	<b>SilverSneakers® Cardio (S)</b> 8:00-8:30am	<b>SilverSneakers® Cardio</b> 8:00-8:30am
<b>Zumba®</b> 8:45-9:45am	<b>Aerobic Class</b> 8:45-9:45am	<b>Zumba® Step</b> 8:45-9:45am	<b>Aerobic Class</b> 8:45a-9:45am	<b>Body Blast</b> 9:00a-10:00am
<b>Body Blast</b> 10:00-11:00am	<b>Body Toning</b> 10:00-11:00am	<b>Kickboxing</b> 10:00-11:00am	<b>Body Toning</b> 10:00-11:00am	
<b>Aqua Fitness</b> 10:30-11:30am		<b>Aqua Fitness</b> 11:00am-12:00pm		<b>Aqua Fitness</b> 11:00am-12:00pm
<b>Lunch Time Fitness</b> 11:15-11:45am	<b>Lunch Time Fitness</b> 11:15-11:45am	<b>Lunch Time Fitness</b> 11:15-11:45am	<b>Lunch Time Fitness</b> 11:15-11:45am	<b>Lunch Time Fitness</b> 11:15-11:45am
<b>Lunch Time Fitness</b> 12:15-12:45pm	<b>Lunch Time Fitness</b> 12:15-12:45pm	<b>Lunch Time Fitness</b> 12:15-12:45pm	<b>Lunch Time Fitness</b> 12:15-12:45pm	<b>Lunch Time Fitness</b> 12:15-12:45pm
<b>Evening Classes</b>				<b>Saturday Classes</b>
				<b>Classes will be every other Saturday starting on 2/6/16.</b>
<b>Aqua Pilates</b> 5:30pm-6:30pm	<b>Aqua Fitness</b> 5:30pm-6:30pm	<b>Aqua Pilates</b> 5:30pm-6:30pm	<b>Aqua Fitness</b> 5:30pm-6:30pm	<b>Be Fit (Total Body or Bootcamp)</b> 9:00am-10:00am
<b>Aerobic Class</b> 6:00pm-7:00pm	<b>Yoga/Pilates</b> 6:00pm-7:00pm	<b>Zumba® Step</b> 6:00pm-7:00pm	<b>Yoga/Pilates</b> 6:00pm-7:00pm	<b>Yoga/Pilates</b> 10:00am - 11:00am
<b>Spin &amp; Trim 6p-7p</b> 1st Mon - ElectroSpin		<b>Spin &amp; Trim</b> 6:00pm-7:00pm	<b>Spin &amp; Trim 6p-7p</b> 3rd Thur - ElectroSpin	
<b>Kickboxing</b> 7:00pm-8:00pm	<b>Zumba®/Beginners</b> 7:00-8:00pm		<b>Zumba®/Advanced</b> 7:00pm-8:00pm	
		<b>EFFECTIVE 8/15/16</b>		

Management reserves the right to adjust scheduled classes to fit the need of our members and instructor availability. REVISED 9/26/2016

