



Aerobic & Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Mornings</i>						
	6:00-6:30 Core Workout Brian		6:00-6:30 Core Workout Brian			
9:00-10:00 Step Circuit Gabriele	9:00-10:00 Body Sculpt II Gabriele	9:00-10:00 Step Pilates Gabriele	8:00-9:00 Boot Camp Pam	9:00-10:00 Cardio Gabriele	9:00-9:45 P90 Insanity Brian	
10:00-11:00 Yoga Gabriele	10:00-11:00 Aqua Gabriele	10:00-11:00 Body Sculpt Ann	9:00-10:00 Boot Camp Pam	10:00-11:00 Super Pump Gabriele	10:00-11:00 Zumba Katina	
11:00-12:00 Aqua Gabriele		11:00-12:00 Aqua Sandy	10:00-11:00 Aqua Amy	11:00-12:00 Aqua Gabriele	10:00-11:00 Aqua	
<i>Evenings</i>						
4:30-5:30 Boot Camp Katina	4:30-5:30 Body Sculpt II Katina	4:30-5:30 Interval Training Katina	4:30-5:30 CrossFit 101 Doug			
5:30-6:30 CrossFit 101 Doug	5:30-6:30 Kick Boxing Katina	5:30-6:30 CrossFit 101 Doug	5:30-6:30 Zumba Katina			
5:30-6:30 Aqua Amy	5:30-6:30 Aqua Grace	5:30-6:30 Aqua Boxing Carol	5:30-6:30 Aqua Donna			
6:30-7:30 Yoga Mindy	6:30-7:30 Zumba Katina	6:30-7:30 Yoga Mindy	6:30-7:30 Power Yoga Dawn			

WANT TO LOSE WEIGHT AND GET INTO SHAPE?

We offer a variety of aerobic and exercise classes at levels from beginner to advanced.

#9 Collinsport Dr.

Collinsville, Illinois

(618) 344-3095