

SUMMER 2018 AEROBIC SCHEDULE

**Body Works Health &
Fitness Club**
610-921-2422

www.Bodyworkshhealthclub.net

Effective 6/1/18 thru 8/31/18

Monday – Thursday5:30AM – 10:00PM
Friday.....5:30AM – 9:00PM Saturday.....8:00AM – 5:00PM Sunday.....8:00AM – 3:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM – 9:30AM SENIOR/BASIC CARDIO SCULPT Theresa		8:30AM – 9:30AM SENIOR/BASIC CARDIO SCULPT Theresa		8:30AM – 9:30AM SENIOR/BASIC CARDIO SCULPT Theresa	8:30AM – 9:30AM CARDIO MIX & SCULPT Stephanie – 6/2, 6/16, 7/7, 7/21, 7/28, 8/11, 8/25 Bonnie – 6/9, 7/14, 8/18 Christine – 6/23, 6/30, 8/4	
9:30AM – 10:30AM SCULPT & SWEAT Christine	9:30AM – 10:30 AM CARDIO MIX & SCULPT Art	9:30AM – 10:30 AM CARDIO, STRENGTH & CORE FUSION Stephanie	9:30AM – 10:30 AM CARDIO MIX & SCULPTT Art	9:30AM – 10:30AM STEP SURPRISE & SCULPT Theresa	9:30AM – 10:30AM ZUMBA PLUS MORE Kristen	9:00AM – 10:00AM CARDIO SURPRISE Bonnie – 6/10, 7/15, 8/19 Christine – 6/24, 7/1, 8/5, 8/12 Stephanie – 6/3, 7/8, 7/29, 8/26 Theresa – 6/17, 7/22
10:45AM – 11:45AM SILVER SNEAKERS CLASSIC Theresa		10:45AM – 11:45AM SENIOR/BASIC CARDIO SCULPT Linda		10:45AM – 11:45AM SILVER SNEAKERS CLASSIC Theresa		
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4:30PM – 5:30PM ZUMBA PLUS MORE Tracy – 6/11, 6/25, 7/2, 7/9, 7/23, 8/6, 8/20 Stephanie – 6/4, 6/18, 7/16, 7/30, 8/13, 8/27					<u>KIDS PLAY-</u>	<u>ROOM HOURS</u>
5:30PM – 6:30PM SCULPT & SWEAT Christine	5:30PM – 6:30PM STRONG by Zumba Not Dance - FITNESS (See Below) Jen	5:30PM – 6:30PM ZUMBA PLUS MORE Kristen	5:30PM – 6:30PM CARDIO SCULPT Bonnie		MONDAY	9:00AM – 11:00AM 5:30PM – 7:30PM
	6:30PM – 7:30PM YOGA Uma		6:30PM – 7:30PM CORE, STRENGTH, TONE & BALANCE Stephanie		TUESDAY	9:00AM – 11:00AM
					WEDNESDAY	9:00AM – 11:00AM 5:30PM – 7:30PM
					THURSDAY	9:00AM – 11:00AM
					FRIDAY	9:00AM – 11:00AM
					SATURDAY	8:30AM – 10:30AM

STRONG by ZUMBA – “Music led high intensity interval training using our body weight.