

# FALL 2018 AEROBIC SCHEDULE

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

www.Bodyworkshhealthclub.net

Effective 9/1/18 thru 11/30/18

*Monday – Thursday .....5:30AM – 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<br><br>SENIOR/BASIC<br>CARDIO SCULPT<br><br>Theresa   |   | 8:30AM – 9:30AM<br><br>SENIOR/BASIC CARDIO<br>SCULPT<br><br>Theresa |  | 8:30AM – 9:30AM<br><br>SENIOR/BASIC<br>CARDIO SCULPT<br><br>Theresa | 8:30AM – 9:30AM<br>CARDIO MIX & SCULPT<br>Stephanie – 9/8, 9/29,<br>10/27, 11/17<br>Bonnie – 9/1, 9/22, 10/13,<br>11/3, 11/24<br>Christine – 9/15, 10/6,<br>10/20, 11/10 |  |
| 9:30AM – 10:30AM<br><br>SCULPT & SWEAT<br><br>Theresa   | 9:30AM – 10:30 AM<br><br>CARDIO MIX &<br>SCULPT<br><br>Art                              | 9:30AM – 10:30 AM<br><br>CARDIO, STRENGTH &<br>CORE<br><br>Linda    | 9:30AM – 10:30 AM<br><br>CARDIO MIX &<br>SCULPT<br><br>Art                           | 9:30AM – 10:30AM<br><br>STEP SURPRISE &<br>SCULPT<br><br>Theresa    | 9:30AM – 10:30AM<br><br>ZUMBA<br>PLUS MORE<br><br>Louisa   | 9:00AM – 10:00AM<br>CARDIO SURPRISE<br>Bonnie – 9/2, 9/9, 9/23,<br>10/14, 11/4, 11/25<br>Christine – 9/16, 10/7,<br>10/21, 11/11<br>Stephanie – 10/28, 11/18<br>Theresa – 9/30 |
| 10:45AM – 11:45AM<br>SILVER SNEAKERS<br>CLASSIC<br><br>Theresa  |   | 10:45AM – 11:45AM<br>SENIOR/BASIC CARDIO<br>SCULPT<br><br>Linda     |  | 10:45AM – 11:45AM<br>SILVER SNEAKERS<br>CLASSIC<br><br>Theresa      |  |  |
| .....   | .....   | .....   | .....  | .....   | .....  | .....  |
| 4:30PM – 5:30PM<br>ZUMBA PLUS MORE<br>Tracy – 9/10, 9/24, 10/8,<br>10/22, 11/5, 11/19<br>Kaitlyn – 9/17, 10/1,<br>10/15, 10/29, 11/12,<br>11/26 |   |   |  |   | <b><u>KIDS PLAY-</u></b>   | <b><u>ROOM HOURS</u></b>   |
| 5:30PM – 6:30PM<br><br>CARDIO MOVE &<br>GROVE<br>w/BUTTS AND GUTS<br><br>Christine  | 5:30PM – 6:30PM<br>STRONG by Zumba<br><br>Not Dance - FITNESS<br>(See Below)<br><br>Jen | 5:30PM – 6:30PM<br><br>ZUMBA<br>PLUS MORE<br><br>Louisa             | 5:30PM – 6:30PM<br>CARDIO TO THE<br>HITS<br>Plus<br>STRENGTH &<br>CORE<br><br>Bonnie |   | MONDAY   | 9:00AM – 11:00AM<br>5:30PM – 7:30PM  |
|   | 6:30PM – 7:30PM<br>YOGA<br>Beginners,<br>Intermediate<br>Advanced<br><br>Christine/Jean |   | 6:30PM – 7:30PM<br>PILATES<br>Beginners,<br>Intermediate<br>Advanced<br><br>Rachael  |   | TUESDAY  | 9:00AM – 11:00AM   |
|   |   |   |  |   | WEDNESDAY  | 9:00AM – 11:00AM<br>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.