

FALL 2019 AEROBIC SCHEDULE

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

www.Bodyworkshhealthclub.net

Effective 9/1/19 thru 11/30/19

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 BODY SCULPT Bonnie – 9/14, 9/28, 10/12, 10/26, 11/9, 11/23 Christine – 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 11/30	
9:30AM – 10:30AM SCULPT & SWEAT Theresa	9:30AM – 10:30 AM HARDCORE Art		9:30AM – 10:30 AM BOOTY CAMP Art	9:30AM – 10:30AM STEP SURPRISE & SCULPT Theresa	9:30AM – 10:30AM ZUMBA Louisa – 9/14, 9/28, 10/12, 10/26, 11/9, 11/23 ZUMBA CARDIO/DANCE w/ STRENGTH TRAINING Kristen – 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 11/30	9:00AM – 10:00AM CARDIO BODY SCULPT Stephanie – 9/29, 10/27, 11/24 Bonnie – 9/15, 10/13, 11/10 Christine – 9/8, 9/22, 10/6, 10/20, 11/3, 11/17
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 CARDIO/SCULPT ABS Denise				<u>KIDS PLAY-</u>	<u>ROOM HOURS</u>
5:30PM – 6:30PM 20/20/20 Christine	5:30PM – 6:30PM ZUMBA Kaitlyn	5:30PM – 6:30PM ZUMBA ZUMBA CARDIO/DANCE w/ STRENGTH TRAINING Kristen	5:30PM – 6:30PM TOTAL BODY TO TODAY'S HITS Bonnie		MONDAY	9:00AM – 11:00AM
					TUESDAY	9:00AM – 11:00AM
					WEDNESDAY	
	6:30PM – 7:30PM GENTLE YOGA Christine	CARDIO STEP Denise – 9/4, 9/18, 10/2, 10/16, 10/30, 11/13, 11/27 Theresa – 9/11, 9/25, 10/9, 10/23, 11/6, 11/20	6:30PM – 7:30PM PILATES For Stronger CORE, BALANCE & STRENGTH Rachael		THURSDAY	9:00AM – 11:00AM
					FRIDAY	
					SATURDAY	