


New Millennium Fitness Aerobic Schedule: February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6am Abs Class-Brenda 10:30am Silver Sneakers-Valerie 12:15pm Boot Camp-Gray 6pm Zumba-Danielle 7Pm Kickboxing-Traci	2 8am Circuit-Brenda 10:30am-Senior Circuit-Kathy 5:50pm African Dance-Shaliah 6:30 spin-Donna 7pm Zumba-Terri Blue	3 10:30am Silver Sneakers - Valerie 12:15pm Boot Camp-Gray	4 8am Zumba-Alexis 8:30am Spin-William
5	6 10:30am Silver sneakers-Brenda 12:15pm Boot Camp-Kathy 6pm Zumba-Alexis 7pm Muscle Pump-Jessica 7pm Beginner Spin-David	7 8am Body Sculpt-Brenda 10:30am Senior Circuit-Kathy 6pm Zumba-Alexis 6pm Spin-William 7pm Yoga/Pilates-Katy	8 6am Abs Class-Brenda 10:30am Silver Sneakers- Valerie 12:15pm Boot Camp-Gray 5:45pm Basic Spin-William 6pm Zumba-Danielle 7Pm Kickboxing-Traci	9 8am Circuit-Brenda 10:30am-Senior Circuit-Kathy 5:50pm African Dance-Shaliah 6:30 spin-Donna 7pm Zumba-Terri Blue	10 10:30am Silver Sneakers - Valerie 12:15pm Boot Camp-Gray	11 8am Zumba-Alexis 8:30am Spin-William
12	13 10:30am Silver sneakers-Brenda 12:15pm Boot Camp-Kathy 6pm Zumba-Alexis 7pm Muscle Pump-Jessica 7pm Beginner Spin-David	14 8am Body Sculpt-Brenda 10:30am Senior Circuit-Kathy 6pm Zumba-Alexis 6pm Spin-William 7pm Yoga/Pilates-Katy 	15 6am Abs Class-Brenda 10:30am Silver Sneakers- Valerie 12:15pm Boot Camp-Gray 5:45pm Basic Spin-William 6pm Zumba-Danielle 7Pm Kickboxing-Traci	16 8am Circuit-Brenda 10:30am-Senior Circuit-Kathy 5:50pm African Dance-Shaliah 6:30 spin-Donna 7pm Zumba-Terri Blue	17 10:30am Silver Sneakers - Valerie 12:15pm Boot Camp-Gray	18 8am Zumba-Alexis 8:30am Spin-William
19	20 10:30am Silver sneakers-Brenda 12:15pm Boot Camp-Kathy 6pm Zumba-Alexis 7pm Muscle Pump-Jessica 7pm Beginner Spin-David	21 8am Body Sculpt-Brenda 10:30am Senior Circuit-Kathy 6pm Zumba-Alexis 6pm Spin-William 7pm Yoga/Pilates-Katy	22 6am Abs Class-Brenda 10:30am Silver Sneakers- Valerie 12:15pm Boot Camp-Gray 5:45pm Basic Spin-William 6pm Zumba-Danielle 7Pm Kickboxing-Traci	23 8am Circuit-Brenda 10:30am-Senior Circuit-Kathy 5:50pm African Dance-Shaliah 6:30 spin-Donna 7pm Zumba-Terri Blue	24 10:30am Silver Sneakers - Valerie 12:15pm Boot Camp-Gray	25 8am Zumba-Alexis 8:30am Spin-William
26	27 10:30am Silver sneakers-Brenda 12:15pm Boot Camp-Kathy 6pm Zumba-Alexis 7pm Muscle Pump-Jessica 7pm Beginner Spin-David	28 8am Body Sculpt-Brenda 10:30am Senior Circuit-Kathy 6pm Zumba-Alexis 6pm Spin-William 7pm Yoga/Pilates-Katy	29 6am Abs Class-Brenda 10:30am Silver Sneakers- Valerie 12:15pm Boot Camp-Gray 5:45pm Basic Spin-William 6pm Zumba-Danielle 7Pm Kickboxing-Traci			