

# Land Aerobic Schedule Spring 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05 AM-9:00 AM						Pilates Matwork
9:00 AM-9:55 AM		SilverSneakers Cardio Circuit		SilverSneakers Cardio Circuit		
10:15 AM-11:10 AM	SilverSneakers MSROM		SilverSneakers MSROM		SilverSneakers MSROM	
11:15 AM - 12:10 PM			SilverSneakers YogaStretch			
12:30 PM - 1:15 PM		Cardio & Sculpt	Zumba	Cardio & Sculpt		
5:00 PM-5:55 PM		Interval Mix		Interval Mix		
6:00 PM-6:55 PM		Core Strengthening & Sculpt		Core Strengthening & Sculpt		
6:30 PM-7:25 PM	Yoga		Yoga			
7:00 PM-7:55 PM		High/Low Aerobics		High/Low Aerobics		
7:30 PM-8:25 PM		Pilates Matwork in Preschool Room		Pilates Matwork in Preschool Room		
8:00 PM-8:55 PM		Zumba		Zumba		

## Payment options for Aerobic classes

**5-week session:** Sign up for your favorite class in advance...classes may be cancelled due to low enrollment!!!

**Walk-in:** Great if you would like to try a class for the first time or can't commit to a 5-week session. See class listings for walk-in prices.