

ULTIMATE FITNESS AEROBIC SCHEDULE

updated 9/1/16

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	URBAN REBOUND 8:00 am CARLA		PILATES 8:00 am CARLA			STEP COMBO 8:00 am CARLA
SPIN 9:00am FRANK	SPIN 9:00 am LIZ	SPIN 9:00am Frank	SPIN 9:00 am ILDA	SPIN 9:00am ILDA	SPIN 9:00 am LIZ	SPIN 9:00 am LIZ
BELLY DANCE 10:00 am DANIELA	30 Min ABS 30 Min KICKBOX 10:00 am LIZ	Abs, Legs & CARDIO 10:00am Frank	Urban Rebound & Sculpt 10:00 am ILDA	CARDIO SCULPT 10:00 am ILDA	 20 Min Sculpt 40 min zumba 10:00am LIZ	BENDER BALL ABS 10:00 am LIZ
YOGA 11:00 am DANIELA						Pound /KICKBOX 10:30 am LIZ
	 6:00 pm LIZ		YOGA & Abs 5:30 pm LIZ			YOGA 12:00 pm LIZ
	Pound Fitness Class 45 min 7:00pm Liz	Pound Fitness Class 45 min 6:00pm Mildred	URBAN REBOUND & ABS 6:30 pm LIZ	 6:00pm Mildred		Kids Zumba Ages 4 - 13 \$10 per child 1:30 p.m Liz
	Spin 7:00 pm ILDA	Abs, Legs & STEP. 7:00PM FRANK	SPIN 7:30 LIZ	BODY DEFINITION 7:00 pm AI	 7:00 pm Leyla Paid class \$10 per	
	STRETCH & TONE 8:00 pm AL	KICK BOX 8:00PM LIZ	 8:30 LIZ	Spin 8:15 pm LIZ		

For a more enjoyable workout Please Wear Proper Workout Shoes, Bring a water bottle, and a towel. Clean up after yourself, and return equipment to its area. First time spinners arrive 5 minutes early for proper setup. Safety First! Do NOT enter class 10 minutes after class starts. Please notify instructor when it is your FIRST TIME or if you have *any* medical limitations. ENJOY YOUR WORKOUT!!