



CLASS SCHEDULES

OPEN TO ALL AAC MEMBERS

SUPER CHARGE YOUR ENERGY WITH GROUP ENERGY!

GROUP FITNESS – STUDIO A

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30A							Total Body Sculpt KATHI
9:00A		Hi/Low Cardio CELESTE	Total Body Sculpt KATHI	Hi/Low Cardio KATHI	Total Body Sculpt KATHI	Core & Stretch KATHI	
9:30A							Step Interval KATHI
10:00A			Step 25 min KATHI		Step 25 min KATHI		
10:15A						ZUMBA MARIA	
5:00P		BodyShox Barbell TA	Core & Stretch KATHI	Buns & Abs KATHI			
6:00P		Step KATHI		Step Interval KATHI	BodyShox Barbell TA		

STUDIO B

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00A			Flow Yoga LINDSAY		Flow Yoga LINDSAY		
10:15A	Flow Yoga LINDSAY						
6:00P		Flow Yoga LINDSAY	Boxing RICK V	Flow Yoga LINDSAY	Boxing RICK V		

