



# 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							<b>Total Body Sculpt</b> KATHI
9:00A		<b>Hi/Low Cardio</b> CELESTE	<b>Total Body Sculpt</b> KATHI	<b>Hi/Low Cardio</b> KATHI	<b>Total Body Sculpt</b> KATHI	<b>Core &amp; Stretch</b> KATHI	
9:30A							<b>Step Interval</b> KATHI
10:00A			<b>Step 25 min</b> KATHI		<b>Step 25 min</b> KATHI		
10:15A						<b>ZUMBA</b> MARIA	
5:00P		<b>BodyShox Barbell</b> TA	<b>Core &amp; Stretch</b> KATHI	<b>Buns &amp; Abs</b> KATHI			
6:00P		<b>Step</b> KATHI	<b>ZUMBA</b> MARIA	<b>Step Interval</b> KATHI	<b>BodyShox Barbell</b> TA		

## STUDIO B

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30A			<b>Flow Yoga</b> LINDSAY				
10:15A	<b>Flow Yoga</b> LINDSAY						
6:00P			<b>Boxing</b> RICK V		<b>Boxing</b> RICK V		
6:30P		<b>Flow Yoga</b> LINDSAY		<b>Flow Yoga</b> LINDSAY			

