



AEROBIC SCHEDULE

Maxwell/Gunter Fitness Center (334) 953-5953



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---------------------------------|
| | | 1 0600 Yin Yoga-Emerald 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1500 HIIT-Fred 1800 Yin/Yang-Jessica | 2 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake 1700 Vinyasa Yoga-Emerald | 3 1130 Line Dancing Kashina |
| 6 1100 Strength-Shelby 1500 HIIT-Fred | 7 0600 Strength-Shelby 0630 Strength-Shelby 1100 Cardio-Shelby 1600 Strength-Jake 1700 Vinyasa Yoga-Emerald | 8 0600 Yin Yoga-Emerald 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1800 Yin/Yang-Jessica | 9 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake 1700 Vinyasa Yoga-Emerald | 10 1130 Line Dancing Kashina |
| 13 1100 Strength-Shelby 1500 HIIT-Fred | 14 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 1100 Cardio-Shelby 1600-Strength-Jake | 15 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1500 HIIT-Fred 1800 Yin/Yang-Jessica | 16 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake | 17 1130 Line Dancing Kashina |
| 20 1100 Strength-Shelby 1500 HIIT-Fred | 21 0600 Strength-Shelby 0630 Strength-Shelby 1100 Cardio-Shelby 1600 Strength-Jake 1700 Vinyasa Yoga-Emerald | 22 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1500 HIIT-Fred 1800 Yin/Yang-Jessica | 23 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake 1700 Vinyasa Yoga-Emerald | 24 1130 Line Dancing Kashina |
| 27 1100 Strength-Shelby 1500 HIIT-Fred | 28 0600 Strength-Shelby 0630 Strength-Shelby 1100 Cardio-Shelby 1600 Strength-Jake 1700 Vinyasa Yoga-Emerald | 29 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1500 HIIT-Fred 1800 Yin/Yang-Jessica | 30 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake 1700 Vinyasa Yoga-Emerald | |
| <p>Red-FIP (Fitness Improvement Program) Maxwell Annex Blue-FIP (Fitness Improvement Program) Gunter Annex Black-Maxwell Aerobic Room Green-Gunter Annex</p> | | | | |