



# AEROBIC SCHEDULE

Maxwell/Gunter Fitness Center (334) 953-5953



Monday	Tuesday	Wednesday	Thursday	Friday
				1 1130 Line Dancing Kashina
4 1100 Strength-Shelby  1500 HIIT-Fred	5 0600 Strength-Shelby 0630 Strength-Shelby 1100 Cardio-Shelby 1600 Strength-Jake 1700 Vinyasa Yoga-Emerald	6 0600 Yin Yoga-Emerald 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina	7 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake 1700 Vinyasa Yoga-Emerald	8 1130 Line Dancing Kashina
11 1100 Strength-Shelby	12 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 1100 Cardio-Shelby 1600-Strength-Jake	13 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina	14 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake	15 1130 Line Dancing Kashina
18 1100 Strength-Shelby	19 0600 Strength-Shelby 0630 Strength-Shelby 1100 Cardio-Shelby 1600 Strength-Jake	20 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina	21 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake	22 1130 Line Dancing Kashina
	26 0600 Strength-Shelby 0630 Strength-Shelby 1100 Cardio-Shelby 1600 Strength-Jake	27 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1500 HIIT-Fred	28 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake	29
	<p><b>Red-FIP (Fitness Improvement Program) Maxwell Annex</b>  <b>Blue-FIP (Fitness Improvement Program) Gunter Annex</b>  <b>Black-Maxwell Aerobic Room</b>  <b>Green-Gunter Annex</b></p>			