



# AEROBIC SCHEDULE

Maxwell/Gunter Fitness Center (334) 953-5953



Monday	Tuesday	Wednesday	Thursday	Friday
1 1100 Strength-Shelby 1500 HIIT-Fred	2 0600 Strength-Shelby 0630 Strength-Shelby 1100 Cardio-Shelby 1600 Strength-Jake	3 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1500 HIIT-Fred	4 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake	5 1130 Line Dancing Kashina
8 1100 Strength-Shelby 1500 HIIT-Fred	9 0600 Strength-Shelby 0630 Strength-Shelby 1100 Cardio-Shelby 1600 Strength-Jake	10 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1500 HIIT-Fred	11 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake	12 1130 Line Dancing Kashina
15 1100 Strength-Shelby	16 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 1100 Cardio-Shelby 1600-Strength-Jake	17 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1500 HIIT-Fred	18 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake	<b>JUNE TEENTH</b>
22 1100 Strength-Shelby 1500 HIIT-Fred	23 0600 Strength-Shelby 0630 Strength-Shelby 1100 Cardio-Shelby 1600 Strength-Jake	24 1100 Tabata-Rebecca 1130 Cardio-Kashina 1200 Cardio-Kashina 1500 HIIT-Fred	25 0600 Strength-Shelby 0630 Strength-Shelby 1130 HIIT/Strength-Kashina 1200 Cardio-Kashina 1600 Strength-Jake	26 1130 Line Dancing Kashina
29 1100 Strength-Shelby 1500 HIIT-Fred	30 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

**Red-FIP (Fitness Improvement Program) Maxwell Annex**  
**Blue-FIP (Fitness Improvement Program) Gunter Annex**  
**Black-Maxwell Aerobic Room**  
**Green-Gunter Annex**