

Aerobic Schedule for September 2010

If you would like to know who is teaching the classes, call the club at 248-642-8500. All Schedules are subject to change due to unforeseen circumstances.

Go To: [Aerobic Schedule](#) | [Spin Schedule](#) | [Aqua Aerobic Schedule](#) | [Pilates Schedule](#) | [Yoga Schedule](#)

New Classes and Changes in Schedule are highlighted in **RED**

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
		<p>-NEW FALL CLASSES</p> <p>Tues: 8:15 - 9:15am Zumba Tues: 6:30 - 7:30pm Cardio Mix with Bell!</p> <p>Wed. 10:30 - 11:30am The Barre Class</p> <p>Friday 6:30 - 7:15am Active Isolated Stretch Friday 9:15 - 10:15am Step & Weights Friday 10:15 - 11:15am Zumba</p> <p>Sat. 9:00 - 10:00am Kick-Boxing(gym)</p>	<p>1</p> <p>6a Boot Camp 7:30a Hatha Yoga 8:30a Pilates 9:30a Cardio Bootcamp 10:30a The Barre Class 12:30p MuscleMax-Light 5:30p ZUMBA 6:15p Pilates Intro 6:30p Mat + Pilates 7:30p Vinyassa Yoga</p>	<p>2</p> <p>5:45a Abs 6a Boot Camp 8:15a Zumba 9:15a Muscle Max Plus 10:30a Hatha Yoga 5:30p Interval Blast 6:30p Kick-Box (gym) 6:30p Kick Boxing</p>	<p>3</p> <p>6:30a Active Isolated Stretch 8:15a Hatha Yoga 9:15a Step & Weights 10:15a ZUMBA 5:30p ZUMBA 6:30p Yoga Fusion</p>	<p>4</p> <p>7a Canceled 8a Hatha Yoga 9a Step 9a KickBoxing(Gym) 10a Pilates 11a Zumba 12p Canceled</p>
<p>5</p> <p>7:30a Pilates 8:30a Circuit 9:30a Step 10:30a Vinyassa Yoga</p>	<p>6</p> <p>Club Closed</p>	<p>7</p> <p>6a Pilates 7a Barre-n-muscle 8:15a ZUMBA 9:15a MuscleMax+ 10:30a Hatha Yoga 4:30p Zumba 5:30p Muscle Max 6:30p Cardio Mix w/Bells 6:30p Kickboxing (gym)</p>	<p>8</p> <p>6:00a Boot Camp 7:30a Hatha Yoga 8:30a Pilates 9:30a Cardio Bootcamp 10:30a The Barre Class 12:30p MuscleMax-Light 5:30p ZUMBA 6:15p Pilates Intro 6:30p Mat + Pilates 7:30p Vinyassa Yoga</p>	<p>9</p> <p>5:45a Abs 6a Boot Camp 8:15a Zumba 9:15a Muscle Max Plus 10:30a Hatha Yoga 5:30p Interval Blast 6:30p KickBox (gym) 6:30p Hi/Lo</p>	<p>10</p> <p>6:30a Active Isolated Stretch 8:15a Hatha Yoga 9:15a Step & Weights 10:15a ZUMBA 5:30p ZUMBA 6:30p Yoga Fusion</p>	<p>11</p> <p>7a Cardio Bootcamp 8a Hatha Yoga 9a Step 9a KickBoxing(Gym) 9a Hi/Lo Party 8) 10a Pilates 11a Zumba 12p Yoga Moms</p>
<p>12</p> <p>7:30a Pilates 8:30a Circuit 9:30a Step 10:30a Vinyassa Yoga</p>	<p>13</p> <p>6a Boot Camp 8:30a Weight+ Pilates 9:30a Lo Impact 10:30a The Barre Class 12:30p MuscleMax Light 5:30p Step 6:30p Kick-Boxing 7:30p Ashtanga Yoga</p>	<p>14</p> <p>6a Pilates 7a Barre-n-muscle 8:15a ZUMBA 9:15a MuscleMax+ 10:30a Hatha Yoga 4:30p Zumba 5:30p Muscle Max 6:30p Cardio Mix w/Bells 6:30p Kickboxing (gym)</p>	<p>15</p> <p>6a Boot Camp 7:30a Hatha Yoga 8:30a Pilates 9:30a Cardio Bootcamp 10:30a The Barre Class 12:30p MuscleMax-Light 5:30p ZUMBA 6:15p Pilates Intro 6:30p Mat + Pilates 7:30p Vinyassa Yoga</p>	<p>16</p> <p>5:45a Abs 6a Boot Camp 8:15a Zumba 9:15a Muscle Max Plus 10:30a Hatha Yoga 5:30p Interval Blast 6:30p Kick-Box (gym) 6:30p Hi/Lo</p>	<p>17</p> <p>6:30a Active Isolated Stretch 8:15a Hatha Yoga 9:15a Step & Weights 10:15a ZUMBA 5:30p ZUMBA 6:30p Yoga Fusion</p>	<p>18</p> <p>7a Cardio Bootcamp 8a Hatha Yoga 9a Step 9a Hi-Lo (party 8) 9a KickBoxing(Gym) 10a Pilates 11a Zumba</p>
<p>19</p> <p>7:30a Pilates 8:30a Circuit 9:30a Step 10:30a Vinyassa Yoga</p>	<p>20</p> <p>6a Boot Camp 8:30a Weight + Pilates 9:30a Lo Impact 10:30a The Barre Class 12:30p MuscleMax Light 5:30p Step</p>	<p>21</p> <p>6a Pilates 7a Barre-n-muscle 8:15a ZUMBA 9:15a MuscleMax+ 10:30a Hatha Yoga 4:30p Zumba</p>	<p>22</p> <p>6:00a Boot Camp 7:30a Hatha Yoga 8:30a Pilates 9:30a Cardio Bootcamp 10:30a The Barre Class 12:30p MuscleMax-Light</p>	<p>23</p> <p>5:45a Abs 6am Boot Camp 8:15a Zumba 9:15a Muscle Max Plus 10:30a Hatha Yoga</p>	<p>24</p> <p>6:30a Active Isolated Stretch 8:15a Hatha Yoga 9:15a Step & Weights 10:15a ZUMBA 5:30p ZUMBA</p>	<p>25</p> <p>7a Cardio Bootcamp 8a Hatha Yoga 9a Step 9a Hi-Lo (party 8) 9a KickBoxing(Gym) 10a Pilates</p>

	6:30p Kick Boxing 7:30p Ashtanga Yoga	5:30p Muscle Max 6:30p Cardio Mix w/Bells 6:30p Kickboxing (gym)	5:30p ZUMBA 6:15p Pilates Intro 6:30p Mat + Pilates 7:30p Vinyassa Yoga	5:30p Interval Blast 6:30p KickBox (gym) 5:30p Hi/Lo	6:30p Yoga Fusion	11a Zumba 12p Yoga Moms
26 7:30a Pilates 8:30a Circuit 9:30a Step 10:30a Vinyassa Yoga	27 6a Boot Camp 8:30a Weight+ Core 9:30a Lo Impact 10:30a The Barre Class 12:30p MuscleMax Light 5:30p Step 6:30p Cardio Climb 7:30p Ashtanga Yoga	28 6a Pilates 7a Barre-n-muscle 8:15a ZUMBA 9:15a MuscleMax+ 10:30a Hatha Yoga 4:30p Zumba 5:30p Muscle Max 6:30p Cardio Mix w/Bells 6:30p Kickboxing (gym)	29 6a Boot Camp 7:30a Hatha Yoga 8:30a Pilates 9:30a Cardio Bootcamp 10:30a The Barre Class 12:30p MuscleMax-Light 5:30p ZUMBA 6:15p Pilates Intro 6:30p Mat + Pilates 7:30p Vinyassa Yoga	30 5:45a Abs 6a Boot Camp 8:15a Zumba 9:15a Muscle Max Plus 10:30a Hatha Yoga 5:30p Interval Blast 6:30p Kick-Box (gym) 6:30p Hi/Lo		