

**Class
Descriptions
On Back
Of Calendar**

*All classes subject to
change each month

**GETTING BETTER
EVERY DAY!**



LAND AEROBICS CALENDER

Contact: Fitness staff 329-7623/ 7624

June 2010

	Mon.	Tues.	Wed.	Thurs.	Fri.
June 1-4		12:15 GLIDE CORE - A 5:15 STEP&SCULPT- MP	9:00 ARTHRITIS – C 12:15 LOWER CUT-A 5:15 – YOGA-LM	12:15 UPPER CUT-MP 5:15 GLIDE -C	9:00 SIT N FIT- A
June 7-11	9:00 SIT N FIT – MP 12:15 STEP-MP 5:15 TOTAL BODY-J 6:15 PILATES - J	12:15 CORE&MORE - C 5:15 STEP&SCULPT- MP	9:00 ARTHRITIS – A 12:15 LOWER CUT-C 5:15 – YOGA-LM	12:15 UPPER CUT-C 5:15 TOTAL BODY -J	9:00 SENIOR YOGA - ML
June 14-18	9:00 SIT N FIT – MP 12:15 STEP-A 5:15 TOTAL BODY - J 6:15 PILATES - J	12:15 GLIDE CORE - A 5:15 DANCE X - K	9:00 ARTHRITIS – A 12:15 LOWER CUT- MP 5:15 YOGA – LM	12:15 UPPER CUT-MP 5:15 YOGA - ML	9:00 SIT N FIT -C
June 21-25	9:00 SIT N FIT –A 12:15 STEP- C 5:15 TOTAL BODY – J 6:15 PILATES - J	12:15 CORE&MORE - MP 5:15 STEP&GLIDE- A	9:00 ARTHRITIS – C 12:15 LOWER CUT- C 5:15 YOGA – LM	12:15 UPPER CUT- A 5:15 DANCE X - K	9:00 SENIOR YOGA - ML
June 28-30	9:00 SIT N FIT –C 12:15 STEP- C 5:15 TOTAL BODY – MP 6:15 CORE&MORE - MP	12:15 CORE&MORE - MP 5:15 STEP&SCULPT - A	9:00 ARTHRITIS – A 12:15 LOWER CUT- A 5:15 YOGA – LM		

Instructors for land classes: C- Cara Tidwell; A-Amy Jones; M- Mary Lyman Boone; J – Jan Hare; KK-Karen Kison K- Kristi Moncrief; MP-Matt Parker; BB – Barbara Bates; LM-Linda Moore; CC –Chase Carter