

**NEW
FITNESS CENTER
AEROBICS SCHEDULE
(Court #2)**

		MON	TUES	WED	THUR	FRI
A E R O B I C S	0730 CV/Circuit Training - FIP Fitness Center Staff			0730 CV/Circuit Training - FIP Fitness Center Staff		0730 CV/ Circuit Training - FIP Fitness Center Staff
	0830 Step Aerobics Paige Ferguson	0830 Step Aerobics Paige Ferguson			0830 Step Aerobics Paige Ferguson	0830 Step Aerobics Paige Ferguson
	1000 Fit Mom (422) Janet Grund (HAWC)			1000 Fit Mom (422) Janet Grund (HAWC)		1000 Fit Mom (422) Janet Grund (HAWC)
	1200 Power Hour Melissa Guinan	1200 Pilates Melissa Guinan	1200 Power Hour Melissa Guinan	1200 Pilates Melissa Guinan	1200 Power Hour Melissa Guinan	
	1600 Body Sculpting Melissa Guinan		1600 Body Sculpting Melissa Guinan			
	1700 Circuit Training - FIP Fitness Center Staff	1730 Korean Sword Martial Arts ** Gordon Tucker	1700 Circuit Training - FIP Fitness Center Staff	1730 Korean Sword Martial Arts Gordon Tucker	1700 Circuit Training - FIP Fitness Center Staff	
		MON	TUES	WED	THUR	FRI
S P I N N I N G			0700 Spin Stacy Burgess			
			1100 Spin Anne Marie		1100 Spin Anne Marie	
	1600 Spin Stacy Burgess			1600 Spin Stacy Burgess	1600 Spin Stacy Burgess	
	Weekend Classes					
			SAT		SUN	
			2100 Korean Sword Martial Arts Gordon Tucker			

Group Exercise Classes: Note- A minimum of 10 offerings per week at small bases and 15 offerings per week at medium and large bases. We take pride in offering 231

FIP: Fitness Center Staff (FCS) FIP Training Class/or as prescribed