

March

Alpena Health and Racquet Club

Aerobics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:00am bootcamp MH 9:00am yoga Kerry 10:00am <u>Zumba Gold</u> BS 4:30 Cardio Sculpt MH 5:30pm Intro to Turbo 6:30pm Zumba	2 9:00 am Yoga Flow Maur. 6:00pm Circuit Sculpt ND 6:45pm Cardio Kickboxing	3 6:00am bootcamp MH 9:00am Yoga Kerry 4:30 Cardio Sculpt MH 5:30pm Intro to Turbo	4 5:30pm Zumba BS 6:30pm Zumba	5 6:00am bootcamp MH 9:00am Yoga/core Kerry 10:00am <u>Zumba Gold</u> BS 5:30pm Old School RR	6 9:00 Mommy/Daddy & Me 1:00 Cardio Kickboxing CN
8 6:00am bootcamp MH 9:00am yoga Kerry 10:00am <u>Zumba Gold</u> BS 4:30 Cardio Sculpt MH 5:30pm Intro to Turbo 6:30pm Zumba	9 9:00 am Yoga Flow Maur 6:00pm Circuit Sculpt ND 6:45pm Cardio Kickboxing	10 6:00am bootcamp MH 9:00am Yoga Kerry 11:15am <u>Zumba Gold</u> BS 4:30 Cardio Sculpt MH 5:30pm Intro to Turbo	11 5:30pm Zumba BS 6:30pm Zumba	12 6:00am bootcamp MH 9:00am Yoga/core Kerry 10:00am <u>Zumba Gold</u> BS 5:30pm Old School RR	13 9:00 Mommy/Daddy & Me 10:00am Zumba BS 1:00 Cardio Kickboxing CN
15 6:00am bootcamp MH 9:00am yoga Kerry 10:00am <u>Zumba Gold</u> BS 4:30 Cardio Sculpt MH 5:30pm Intro to Turbo 6:30pm Zumba	16 9:00 am Yoga Flow Maur 6:00pm Circuit Sculpt ND 6:45pm Cardio Kickboxing	17 6:00am bootcamp MH 9:00am Yoga Kerry 11:15am <u>Zumba Gold</u> BS 4:30 Cardio Sculpt MH 5:30pm Intro to Turbo	18 5:30pm Zumba BS 6:30pm Zumba	19 6:00am bootcamp MH 9:00am Yoga/core Diane 10:00am <u>Zumba Gold</u> BS 5:30pm Old School RR	20 9:00 Mommy/Daddy & Me 1:00 Cardio Kickboxing CN
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Instructors

Classes

Class Description

Michelle Hillert MH	Yoga	From the beginner to the advanced, stretching, breathing, and relaxation techniques are for everyone.
Nancy Dewar ND	Core Fit	A group of fitness minded members that gather for an invigorating Core/Ab/ Sculpt workout
Becky Saddler BS	Core Sync	A 30 min class designed to target abs, chest, back, and legs at the same time
Diane Kennedy Kus DKK	Cardio Sculpt MH	This class combines total body toning exercises with a heart pumping cardiovascular workout!
Cole Neyer CN	Circuit Sculpt ND	A total body workout circuit style . 45 minutes of total body sculpting and toning
Rebecca Rivard RR	Turbo MH	Punch, kick, and groove the calories away, with this high energy cardio workout! You are guaranteed to sweat in this c
	Cardio Kickboxing	Fun and in your face work out designed around martial arts and kickboxing.
	Zumba	An exciting aerobic dance class with Latin, Cuban, and Hip Hop inspiration!
	Mommy/Daddy and Me	Spend time with your little one while getting a great cardiovascular and toning workout. All children from birth to age 1
	ZUMBA toning	An exciting aerobic dance with international rhythms using toning sticks
	Old School	

Making healthy bodies, Creating healthy lifestyles

Mon / Fri 5:30 AM to 9:00 PM Sat 8:30 AM. To 3:00 P.M. Sun 9:00 Am to 3:00 P.M.

class!

0 are welcome!