

Alpena Health and Racquet Club Aerobics Schedule September, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	21	1	2	3	4
	8:00 Abs 9:00am Yoga 10:00am Zumba Gold 5:30 ZUMBA 6:30pm ZUMBA toning 7:30 Abs 8:00pm Ultimate W/O	9:00am Ashtanga Inspired Yoga 5:30pm TURBO 6:30pm Abs	8:00am Abs 9:00am Yoga 10:00am Zumba Gold 6:30 Abs 8:00pm Ultimate W/O	9:00am Sonic Yoga 5:30pm ZUMBA 6:30pm ZUMBA Toning 7:30 Abs	8:00am Abs 9:00am Yoga/Core 10:00am Zumba Gold 8:00pm Ultimate W/O	
5	6	7	8	9	10	11
	8:00 Abs 9:00am Yoga 10:00am Zumba Gold 5:30 ZUMBA 6:30pm ZUMBA toning 7:30 Abs	9:00am Ashtanga Inspired Yoga 5:30pm TURBO 6:30pm Abs	8:00am Abs 9:00am Yoga 10:00am Zumba Gold 6:30 Abs 8:00pm Ultimate W/O	9:00am Sonic Yoga 5:30pm ZUMBA 6:30pm ZUMBA Toning 7:30 Abs	8:00am Abs 9:00am Yoga/Core 10:00am Zumba Gold 8:00pm Ultimate W/O	
12	13	14	15	16	17	18
	6:00am Bootcamp 8:00am Abs 9:00am Yoga 10:00am Zumba Gold 5:30 ZUMBA 6:30pm ZUMBA toning 7:30 Abs 8:00pm Ultimate W/O	9:00am Ashtanga Inspired Yoga 5:30 TURBO 6:30pm Abs	6:00am Bootcamp 8:00am Abs 9:00am Yoga 10:00am Zumba Gold 6:30 Abs 8:00pm Ultimate W/O	9:00am Sonic Yoga 5:30pm ZUMBA 6:30pm ZUMBA Toning 7:30 Abs	6:00am Bootcamp 8:00am Abs 9:00am Yoga/Core 10:00am Zumba Gold 8:00pm Ultimate W/O	
19	20	21	22	23	24	25
	6:00am Bootcamp 8:00am Abs 9:00am Yoga 10:00am Zumba Gold 5:30 ZUMBA 6:30pm ZUMBA toning 7:30 Abs 8:00pm Ultimate W/O	9:00am Ashtanga Inspired Yoga 5:30 TURBO 6:30 Abs	6:00am Bootcamp 8:00am Abs 9:00am Yoga 10:00am Zumba Gold 6:30 Abs 8:00pm Ultimate W/O	9:00am Sonic Yoga 5:30pm ZUMBA 6:30pm ZUMBA Toning 7:30 Abs	6:00am Bootcamp 8:00am Abs 9:00am Yoga/Core 10:00am Zumba Gold 8:00pm Ultimate W/O	
26	27	28	29	30		
	6:00am Bootcamp 8:00am Abs 9:00am Yoga 10:00am Zumba Gold 5:30 ZUMBA 6:30pm ZUMBA toning 7:30 Abs 8:00pm Ultimate W/O	9:00am Ashtanga Inspired Yoga 5:30pm Circuit Sculpt 6:15pm Abs	6:00am Bootcamp 8:00am Abs 9:00am Yoga 10:00am Zumba Gold 6:30 Abs 8:00pm Ultimate W/O	9:00am Sonic Yoga 5:30pm ZUMBA 6:30pm ZUMBA Toning 7:30 Abs		

Instructors:

Michelle Hiller NETA-TURBO, Bootcamp, Circuit Sculpt
Diane Kus-Kennedy- Yoga/Core
Maureen Mead RYT200-Ashtanga Inspired Yoga
Kevin Willis-Ultimate Workout

Becky Saddler-ZUMBA, ZUMBA Toning
Kerry Mase-Yoga
Lisa Willis- Abs

Making Healthy Bodies, Creating Healthy Lifestyles
Mon-Fri 5:30 AM to 11 PM Sat 8:00 AM to 3:00 PM Sun 9:00 AM to 3:00 PM

www.alpenahealthandracquetclub.com

ahandrc@frontier.net