

# DEMO WEEK for Fall Session II

## October 13th-19th

### Adult Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
<b>Total Body Burn</b>			6:30-7:15pm				
<b>Low Impact Aerobics</b>				9:10-10:00am Easy Aerobics			
<b>Head To Toe Toning</b>					5:30-6:20am		
<b>Early Bird Circuit</b>	5:45-6:30am		5:45-6:30am				
<b>Step / Circuit</b>		9:10-10:00am	5:30-6:30pm				
<b>Noon Fitness (Step/Toning/Circuit)</b>	12:15-12:45pm Step/Circuit	12:15-12:45pm Toning	12:15-12:45pm Step/Circuit	12:15-12:45pm Toning	12:15-12:45pm Step/Circuit		
<b>Core &amp; More</b>	9:10-10:00am		9:10-10:00am		9:10-10:00am		
<b>Group Strength</b>	8:15-9:00am	10:15-11:00am	8:15-9:00am		10:15-11:00am Session II & III only		
<b>Cardio Kickboxing</b>		6:40-7:30pm					
<b>Zumba®</b>	5:30-6:25pm	10:10-10:55am NEW TIME!	5:30-6:25pm				
<b>Boot Camp</b>		5:30-6:30pm		5:30-6:30pm			
<b>Yoga</b>	10:00-11:00am Senior/ Chair Yoga  1:00-2:00pm Beginner		10:10-11:10am All-Level	6:00-7:00pm Flow & Restore Yoga			1:00-1:50pm Parent/Child Yoga
<b>Pilates</b>	6:40-7:30pm	5:30-6:25pm	6:40-7:30pm				
<b>Shorin Ryu Karate</b>	5:30-7:00pm		5:30-7:00pm	5:30-6:30pm (Advanced)			
<b>T'ai Chi</b>		6:15-7:00am		6:15-7:00am			
<b>Aqua Yoga - NEW!</b>				9:30-10:30am			
<b>Aqua Zumba</b>	5:45-6:30pm						