



Lawton Family Y  
AEROBIC CLASS SCHEDULE

Aerobics Studio						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:30am						Lower Body Lift Kari
9:15am-10:15am		Strength & Endurance Donna	ZUMBA LeighAnn	Strength & Endurance Donna	ZUMBA LeighAnn	
10:30am-11:30am	HIIT Melissa	ZUMBA Samantha *10:20	Barre Jessica	ZUMBA Samantha *10:20	FitCamp John	
5:30pm-6:30pm	HIIT Kari	HIIT Kari	Muscle Strengthening Kari	Muscle Strengthen Kari		
6:30pm-7:30pm		ZUMBA Andrea		ZUMBA Andrea		
Functional Fitness Center/Spin Studio						
9:15am-10:10am	Spin John	Beginner Spin Elizabeth	Spin John		Spin John	
10:30am-11:30am			HIIT Melissa			
6:00pm-7:00pm				Adult Ballroom Shelby <b>Main Gym</b>		
Yoga/Pilates Studio						
9:15am-10:15am <b>Courts closed 9:10-10:20</b>	Pilates Jessica		Yoga Gaylene	Pilates Elizabeth	Yin Yoga Jennifer	
5:30pm-6:30pm <b>Courts closed 5:25-6:35</b>	Pilates Kristen			Yoga Jennifer		
Active Older Adults (Multi-Purpose Room)						
9:15am-10:10am	Pull-up A Chair Donna	Easy Does It Florence *9:00	Pull-up A Chair/ Elizabeth *9:15/10:20	Easy Does It Florence *9:00	Pull-up A Chair Jessica	
Water Aerobics (Pool 2)						
8:30am-9:30am						
9:30am-10:30am	Water Tabata Staff		Water Tabata Staff			
10:00am-11:00am		Aqua Fit Florence		Aqua Fit Florence		
5:30pm-6:30pm	Aqua Fit DeeDee		Aqua Fit DeeDee		Water Walk/Stretch DeeDee	