

# LAND AEROBICS HOLIDAY SCHEDULE

**December 28, 2009 through January 2, 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Mix* 6:05-6:55am	Body Blast!* 6:05-6:55am	Cardio Mix* 6:05-6:55am			
		Yoga 8:15-9:30am Walk-Ins \$5	Cardio Twist* 9:15-10:15am	Yoga 8:15-9:30am Walk-Ins \$5		Yoga 7:00-8:15am Walk-Ins \$5
	TotalCardio&Core* 9:15-10:15am					Step Chall Plus* 8:30-9:30am
		Pump It Up* 12:00-12:55pm		Pump It Up* 12:00-12:55pm		Core Conditioning* 9:30-9:55am
	Pure Energy Jam* 4:45-5:25pm	Step It Up* 5:30-6:25pm		<i>Any class marked with an asterisk (*) is a Trial Class where non-members may participate in the class for \$5 per person. Dress appropriately for exercise and impact movements. Sign-in and pay at the front door.</i>		
<b>GOJU-KAI KARATE 5:00-7:00pm</b>	Body Sculpting* 5:30-6:25pm	Body Sculpting* 6:30-7:25pm	Body Sculpting* 5:30-6:25pm			
	<b>YOGA 7:45-8:45pm</b>					

## Water Aerobics - December 27, 2009 - January 2, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Water Arthritis-\$4 8:00-9:00am	Water Arthritis 8:00-9:00am	Water Arthritis-\$4 8:00-9:00am			Water 8:00-9:00am
	Water 9:00-10:00am	Deep Water 9:00-10:00am	Water 9:00-10:00am	Deep Water 9:00-10:00am		
	Water Arthritis-\$4 10:00-11:00am		Water Arthritis-\$4 10:00-11:00am	BodiesInMotion-\$4 10:00-11:00am		
		Water 6:00-7:00pm		<b>Closed at 4pm</b>		