

Aerobics Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45-7:45 am	Perrin's Body Shaping		Perrin's Body Shaping		Perrin's Body Shaping	
8:00 am		Body Conditioning		Body Conditioning		Body Conditioning
8:30-9:30 am	Perrin's Body Shaping		Perrin's Body Shaping		Perrin's Body Shaping	Spin
9:00 am		Senior Class		Senior Class		
9:30-10:30 am	Perrin's Body Shaping		Perrin's Body Shaping		Perrin's Body Shaping	
10:00 am	Beginning Yoga		Beginning Yoga		Beginning Yoga	
3-4:00 pm	Youth Fitness Boys	Youth Fitness Girls	Youth Fitness Boys	Youth Fitness Girls		
6:00-6:50 pm (MDR)	Zumba					
6:15 pm	Spin		Spin			

Class Descriptions

Perrin's Body Shaping I & II: An intense and hardcore workout mixing cardiovascular and functional exercises to promote the ultimate in fitness. \$75 monthly

Spin: Indoor stationary cycles designed to increase cardiovascular endurance, strengthen lower body and burn many, many calories while having fun. \$35 monthly

Body Conditioning: Focusing on core muscle strengthening, overall body conditioning, blending a fusion of traditional stretches with a few Yoga and Pilate's poses. \$6 per class

Senior Class: A fun filled class of renegade senior citizen's putting a youthful spin on the fun of cardiovascular, strength training and stretching exercises.

Yoga: A Hatha based yoga that sculpts and tones the body while incorporating stretching and breathing exercises for the total body workout. \$8 per class

Girls/Boys Youth Fitness: Beginning to introduction workouts that teach kids the proper way to exercise for a better quality of life. \$8 per class

Zumba: Zumba routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.