

# BLOOM HEALTH & FITNESS

## Aerobics Schedule

Updated: February 2012

|                         | Monday                          | Tuesday  | Wednesday                              | Thursday   | Friday                            | Saturday   |
|-------------------------|---------------------------------|--|--|--|-----------------------------------|--|
| 5:00 AM                 | <b>Spinning (5:15)</b><br>Debra | <b>Boot Camp (5:15)</b><br>Julie                     | <b>Spinning (5:15)</b><br>Debra        |  | <b>Kickboxing (5:15)</b><br>Keith |  |
| 6:00 AM                 |                                 |  |  |  |                                   |  |
| 7:00 AM                 |                                 |  |  |  |                                   |  |
| 8:00 AM                 |                                 |  |  |  |                                   | <b>Spinning</b><br>Rotating Instructors            |
| 9:00 AM                 | <b>Zumba</b><br>Daphne          | <b>TBC</b><br>Jen                                    | <b>Step Circuit</b><br>Jen             | <b>Yoga</b><br>Sara                              | <b>Cross Training</b><br>Debra    | <b>Instructor's Choice</b><br>Rotating instructors |
| 10:00 AM                | <b>Yoga (10:15)</b><br>Liz      |  | <b>Tai-Chi</b><br>Jim                  | <b>Belly Dance (10:15)</b><br>Pat                |                                   | <b>Karate (10:30) \$</b><br>Van                    |
| ↑ Morning / Afternoon ↓ |                                 |  |  |  |                                   |  |
| 4:00 PM                 |                                 |  |  | <b>Boot Camp</b><br>Julie                        |                                   |  |
| 5:00 PM                 | <b>Zumba</b><br>Caryn T.        | <b>Cross Training</b><br>Karen W. (Raquetball Court) | <b>Zumba</b><br>Caryn T. or Carrie     | <b>Yoga (5:15)</b><br>Maureen (Raquetball Court) |                                   |  |
| 6:00 PM                 | <b>All Abs</b><br>Mike          | <b>Yoga</b><br>Liz                                   |  | <b>Karate (6:30) \$</b><br>Van                   |                                   |  |
| 7:00 PM                 |                                 | <b>Spinning</b><br>Caryn K.                          | <b>Spinning</b><br>Janelle or Karen W. |  |                                   |  |

FCT = Functional Core Training  
TBC = Total Body Conditioning

\$ Additional Fee  
\* All Classes are Co-Ed

**"Commit to Get Fit!"**

### The Bloom Health & Fitness Aerobics Team

