

**RIVERSIDE HEALTH & FITNESS – Aerobics Schedule (rev. 5/13/2011)**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM							
8:00 AM	<b>Meditation</b> 45 Min upstairs (in nutrition center)	<b>Meditation</b> 45 Min upstairs (in nutrition center)	<b>Meditation</b> 45 Min upstairs (in nutrition center)	<b>Meditation</b> 45 Min upstairs (in nutrition center)	<b>Meditation</b> 45 Min 8:30 upstairs (in nutrition center)	<b>Butt N Gut</b> Kathy	
8:30 AM		<b>Cycling</b> Randi (45 minute) <b>Pilates</b> Mikki		<b>Pilates</b> Mikki	<b>Cycling</b> Tammy (30 minutes)		
9:00 AM						<b>Cycling</b> Kelly (75 minutes)	<b>Cycling</b> Janine
9:15 AM	<b>Boot Camp</b> Noelle		<b>Cycling</b> Tammy	<b>Kboxing (sign up)</b> Lindsay 9:30	<b>Final Cuts</b> Tammy	<b>Kickboxing</b> Sign up sheet Lindsay	
9:30 AM		<b>Muscle Madness</b> Kelly	<b>Kettle Bells</b> Kevin	<b>Cycling</b> Kelly & Noelle			
10:30 AM						<b>Pilates Mix</b> Robin 10:15a	<b>Yoga</b> Janine
4:30 PM				<b>Pilates</b> Robin			
4:45 PM		<b>Zumba Kids</b> Ana <u>No ADULTS</u>					
5:30 PM	<b>Cycling</b> Kathy <b>Kettle Bells</b> Kevin	<b>Boot Camp</b> Noelle & Kathy	<b>Fitness Fanatic</b> Cynthia <b>Team Cycling</b> Randi & Noelle	<b>Final Cuts</b> Kathy & Noelle			
6:30 PM	<b>Pilates</b> Mikki	<b>Muscle Madness</b> Kelly		<b>Yoga</b> Robin			
7:00 PM	<b>Cycling</b> Kevin	<b>Cycling</b> Janine	<b>Zumba</b> Enida	<b>Cycling</b> Janine			
7:30 PM	<b>Zumba</b> Isabella	<b>Yoga</b> Mary- Jean		<b>Zumba</b> Isabella			

**Red – Zumba**

**Blue – Pilates**

**Yellow – Cycling**

**Green – Fitness Classes**

**Pink- Yoga**