



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November Aerobic Schedule

Monday				
Group X #1			Group X #2	
5:30-6:30	Y-Fit	Andy		
9:00-9:45	Total Body Conditioning	Brandy		
			11:00-12:00	Yoga Fusion Brandy
4:30-5:15	Step	Dyanna		
			5:30-6:15	Ballet Fit Dyanna
6:30-7:15	FitDance	Dyanna		
Tuesday				
5:30-6:30	Y-Fit	Andy		
			9:00-9:45	SlowRobics and Streach Terrie
9:00-9:45	Body Sculpt	Brandy		
4:30-5:15	Low-Impact Sculpt & Conditioning	Brandy	10:00-10:45	Yoga Motion Terrie
			11:00-11:45	Gentle Flow Yoga Terrie
5:30-6:15	Step	Dyanna	4:30-5:15	Ballet Baby Class (2-5 years old) Dyanna
6:30-7:15	FitDance	Dyanna		
Wednesday				
9:00-9:45	Cardio Express	Brandy		
			10:00-10:45	Ballet Fit Dyanna
			11:00-12:00	Pilates Brandy
Thursday				
5:30-6:30	Y-Fit	Andy		
9:00-9:45	Body Sculpt	Brandy	9:00-9:45	SlowRobics and Streach Terrie
10:00-10:45	Low Impact	Terrie		
			11:00-11:45	Gentle Flow Yoga Terrie
4:30-5:15	Step	Dyanna		
5:30-6:15	FitDance	Dyanna		
6:30-7:15	Strength & Cardio	Amy		
Friday				
9:00-9:45	Total Body Conditioning	Brandy	10:00-10:45	Ballet Fit Dyanna
			11:00-12:00	Yoga Fusion Brandy

We do not supply Yoga Mats