



# Aerobics November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 9:00 Intervals Haley</p> <p>6p Yoga Bob</p>	<p>2 6:30a Bootcamp Haley 8:15 Chair Yoga Mariana 9:30 Weights Nancy 10:40 Yoga Mariana</p> <p>4:30 TRX Alisyn 5:30 HIIT Haley 6:35 Weights Nancy</p>	<p>3 9:30 30/30 Nancy 10:40 Yoga Bob</p> <p>6:35 CSI Rachel</p>	<p>4 9:30 HIIT Haley</p>	<p>5 8:00 Weights Daniela</p>
<p>6 9 Boxing 9:45 TRX Alisyn</p>	<p>7 6:30a Bootcamp Manny 8:15 Chair Yoga Heather 9 HIIT Nancy 10:10 YOGA Heather</p> <p>4:30 TRX Alisyn 5:30 20/20/20 Nancy 6:35 CSI Rachel</p>	<p>8 9:00 Intervals Haley</p> <p>6p Yoga Bob</p>	<p>9 6:30a Bootcamp Haley 8:15 Chair Yoga Mariana 9:30 Weights Nancy 10:40 Yoga Mariana</p> <p>4:30 TRX Alisyn 5:30 HIIT Haley 6:35 Weights Nancy</p>	<p>10 9:30 30/30 Nancy 10:40 Yoga Bob</p> <p>6:35 CSI Rachel</p>	<p>11 9:30 HIIT Haley</p>	<p>12 8:00 Weights Daniela</p>
<p>13 9 Boxing 9:45 TRX Alisyn</p>	<p>14 6:30a Bootcamp Manny 8:15 Chair Yoga Heather 9 HIIT Nancy 10:10 YOGA Heather</p> <p>4:30 TRX Alisyn 5:30 20/20/20 Nancy 6:35 CSI Rachel</p>	<p>15 9:00 Intervals Haley</p> <p>6p Yoga Bob</p>	<p>16 6:30a Bootcamp Haley 8:15 Chair Yoga Mariana 9:30 Weights Nancy 10:40 Yoga Mariana</p> <p>4:30 TRX Alisyn 5:30 HIIT Haley 6:35 Weights Nancy</p>	<p>17 9:30 30/30 Nancy 10:40 Yoga Bob</p> <p>6:35 CSI Rachel</p>	<p>18 9:30 HIIT Haley</p>	<p>19 8:00 weights Daniela</p>
<p>20 9 Boxing 9:45 TRX Alisyn</p>	<p>21 6:30a Bootcamp Manny 8:15 Chair Yoga Heather 9 HIIT Nancy 10:10 YOGA Heather</p> <p>4:30 TRX Alisyn 5:30 20/20/20 Nancy 6:35 CSI Rachel</p>	<p>22 9:00 Intervals Haley</p> <p>6p Yoga Bob</p>	<p>23 6:30a Bootcamp Haley 8:15 Chair Yoga Mariana 9:30 Weights Nancy 10:40 Yoga Mariana</p> <p>4:30 TRX Alisyn 5:30 HIIT Haley 6:35 Weights Nancy</p>	<p>24 NO CLASSES</p> <div style="text-align: center;"></div>	<p>25 9:30 HIIT Haley</p>	<p>26 8:00 Weights Daniela</p>
<p>27 9 Boxing 9:45 TRX Alisyn</p>	<p>28 6:30a Bootcamp Manny 8:15 Chair Yoga Heather 9 HIIT Nancy 10:10 YOGA Heather 4:30 TRX Alisyn 5:30 20/20/20 Nancy 6:35 CSI Rachel</p>	<p>29 9:00 Intervals Haley</p> <p>6p Yoga Bob</p>	<p>30 6:30a Bootcamp Haley 8:15 Chair Yoga Mariana 9:30 Weights Nancy 10:40 Yoga Mariana</p> <p>4:30 TRX Alisyn 5:30 HIIT Haley 6:35 weights Nancy</p>			

## Aerobics Class Descriptions

BOOTCAMP: Interval training

CHAIR YOGA: low impact, chair assisted yoga

HIIT: Cardio, core, and strength training

20/20/20: cardio/weights/core

30/30: cardio/weight training CSI: cardio and strength intervals

YOGA: Gentle way to improve your posture, balance, and coordination

WEIGHT TRAINING: Strength training with weights/body bars/resistance bands

INTERVALS: Rounds of cardio mixed with weight

TRX+- TRX mixed with weights is a full body strength class.

TRX uses body weight to develop strength, balance, flexibility and core stability.

Cardio Box Mitts and More- combines martial arts techniques with cardio and strength. Build stamina, improve coordination and flexibility while building muscle and having fun! Must bring your own boxing gloves and pads