

2011 Group Exercise Schedule

(Classes listed are held in the Gymnasium or Exercise Studio A)

Note: This basic aerobic class listing is included with any Foothills Center pass purchase.

02/2011

Monday	Tuesday	Wednesday	Thursday	Friday
9am-10am (Gym) High/Low Aerobics Carol De la Montaigne	9am-10am (Gym) High/Low Aerobics Carol De la Montaigne	9am-10am (Gym) High/Low Aerobics Carol De la Montaigne	9am-10am (Gym) High/Low Aerobics Carol De la Montaigne	9am-10am (Studio A) Combo Aerobics (Weights/Step/Ball) Leslie Saeugling
10am-11am (Gym) Boot Camp Aerobics Carol De la Montaigne	10am-11am (Studio A) Beginning Silver & Fit Lou Ann Wallen		10am-11am (Studio A) Yoga Aerobics Carol De la Montaigne 11am-Noon (Studio A) Beginning Silver & Fit Kandrea Petty	
5:30pm-6:30pm (Studio A) Core Aerobics Carol De la Montaigne	6pm-7pm (Studio A) Combo Aerobics (Weights/Step/Ball) Leslie Saeugling	5:30pm-6:30pm (Studio A) Step and Sculpt Aerobics Wendy Wittenwyler	6pm-7pm (Studio A) Combo Aerobics (Weights/Step/Ball) Leslie Saeugling	

Class size determines the space used for these aerobic classes. Larger classes are conducted in the gymnasium on the first floor of the Center. Class and instructor are subject to change. Please check at the Front Desk or the class location for any posted schedule or instructor changes. Classes available on a first come, first serve basis.