

SEFR Current Class Schedule

Current as of 01/01/08

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 am (Pool)		Aqua 2 <i>Kennith</i>		Aqua 2 <i>Kennith</i>		
8:15-9:15am (Aerobics Room)	Flow Yoga <i>Donna</i>		Flow Yoga <i>Donna</i>	Anusara-Style Yoga <i>Katherine</i>	Yoga I & II <i>Donna</i>	
8:15-9:15am (Indoor Cycling Room)	Spinning <i>Kacy</i>		Spinning <i>Kacy</i>		Spinning <i>Kacy</i>	
8:15-9:15am (Pool)						Aqua 3 <i>Varies</i>
9:00-10:00am (Pool)	Aqua 3 <i>Lynn</i>	Aqua 3 <i>Kennith</i>	Aqua 3 <i>Jill</i>	Aqua 3 <i>Kennith</i>		
9:00-10:00 am (Indoor Cycling Room)						Spin <i>Kacy</i>
9:15-10:30 am (Aerobics Room)		Cardio Yoga Tone <i>Jeri</i>				
9:30-10:30 am (Aerobics Room)	Strong Step <i>Kathy</i>			Body Sculpt <i>Karyns</i>	Step Aerobics <i>Kathy</i>	
9:45-10:45am (Aerobics Room)			Silver Sneakers® <i>Aileen</i>			
10:00-11:00 am (Pool)	Aqua 2 <i>Anna</i>	Aqua 2 <i>Kennith</i>	Aqua 2 <i>Jill</i>	Aqua 2 <i>Instructor Varies</i>	Aqua 2 <i>Lynn</i>	
10:15-11:15am (Aerobics Room)						Gentle Yoga <i>Sandi</i>
10:45-11:45am (Aerobics Room)		Gentle Yoga <i>Jeri</i>		Gentle Yoga <i>Beate</i>		

11:00-12:00pm (Pool)	Aqua 1 <i>Anna</i>		Aqua 1 <i>Jill</i>		TOP <i>Lynn</i>	
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	Monday	Tuesday	Wednesday	Thursday
11:00-12:00pm (Aerobics Room)	Silver Sneakers® <i>Aileen</i>			
12:00-12:45pm (Aerobics Room)			NoonTime Oasis <i>Jeri</i>	
12:15-1:15pm (Aerobics Room)		Silver Sneakers® <i>Eliza</i>		Silver Sneakers® <i>Trudy</i>
5:30-6:30pm (Aerobics Room)	**Pilates Beginner <i>Amy</i>	Cardio Sculpt <i>Julie</i>	**Pilates Beginner <i>Amy</i>	Zumba <i>Karyn</i>
5:30-6:30pm (Indoor Cycling Room)	Spinning <i>Mitsue</i>		Spinning <i>Eddie</i>	
5:30-6:30pm (Pool)	Aqua 4 <i>Jen</i>		Aqua 4 <i>Anna</i>	Aqua 4 <i>Lisa</i>
6:00-7:00pm (Pool)		Aqua 4 <i>Donna</i>		
6:30-7:30pm (Aerobics Room)	Yoga I & II <i>Belinda</i>		Yoga I & II	