



2017 MEMBERSHIP AEROBICS SCHEDULE

Note: These basic aerobics classes are included with any Foothills Center membership pass. Rooms subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9am -10am (Gym) High/Low Aerobics Carol De la Montaigne</p>	<p>9am -10am (Gym) High/Low Aerobics Carol De la Montaigne</p>	<p>9am -10am (Gym) High/Low Aerobics Carol De la Montaigne</p>	<p>9am -10am (Gym) High/Low Aerobics Carol De la Montaigne</p>	<p>9am - 10am (Studio A) Zumba Cyndi Picker</p>	<p>8am-9am (Studio A) Step Aerobics Beth Dietrich</p>
<p>9:50am-10:50am (Lap Pool) Basic Water Aerobics Anna Thompson MAX: 25</p>		<p>9:50am-10:50am (Lap Pool) Basic Water Aerobics Anna Thompson MAX: 25</p>		<p>9:50am-10:50am (Lap Pool) Basic Water Aerobics Anna Thompson MAX: 25</p>	
<p>10am - 11am (Studio A) Forever Fit Lorraine Smith</p>		<p>10am - 11am (Coyote) Silver Sneakers Chair Yoga Dian Wheeler</p>		<p>10am - 11am (Studio A) Forever Fit Lorraine Smith</p>	
<p>11:15am - 12:15pm (Studio A) Zumba Gold Cyndi Picker</p>	<p>11:15am - 12:15pm (Coyote) Silver Sneakers Classic Dian Wheeler</p>	<p>11:15am - 12:15pm (Gym) Zumba Gold Cyndi Picker</p>	<p>11:15am - 12:15pm (Coyote) Silver Sneakers Classic Dian Wheeler</p>	<p>11:15am - 12:15pm (Studio A) Zumba Gold Cyndi Picker</p>	
		<p>5pm - 6pm (Studio A) Step and Sculpt Aerobics Wendy Wittenwyler</p>			
	<p>5:30pm - 6:30pm (Studio A) High/Low Aerobics Leslie Saeugling</p>	<p>5:30pm - 6:30pm (Coyote) Zumba Toning Cyndi Picker</p>	<p>5:30pm - 6:30pm (Studio A) Step Aerobics Beth Dietrich</p>		