

# New Millennium Fitness Aerobic Schedule: May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8am Body Sculpt-Brenda 10:30am Senior Circuit-Kathy 6pm Zumba-Alexis 6pm Spin-William 7pm Pilates-Cami	<b>2</b> 6am Abs Class-Brenda 10:30am Silver Sneakers- Valerie 12:15pm Boot Camp-Gray 5:45pm Basic Spin-William 6pm Zumba-Danielle 7Pm Kickboxing- Traci	<b>3</b> 8am Circuit-Brenda 10:30am-Senior Circuit-Kathy 6:30 spin-Donna 7pm Zumba-Terri Blue	<b>4</b> 10:30am Silver Sneakers – Yoga/Stretch-Brenda 12:15pm Boot Camp-Gray	<b>5</b> 8am Zumba-Alexis 8:30am Spin-William
6	<b>7</b> 10:30am Silver sneakers-Brenda 12:15pm Boot Camp-Kathy 6pm Zumba-Alexis 7pm Muscle Pump-Jessica 7pm Beginner Spin-David	<b>8</b> 8am Body Sculpt- Brenda 10:30am Senior Circuit-Kathy 6pm Zumba-Alexis 6pm Spin-William 7pm Pilates-Cami	<b>9</b> 6am Abs Class- Brenda 10:30am Silver Sneakers- Valerie 12:15pm Boot Camp-Gray 5:45pm Basic Spin-William 6pm Zumba-Danielle 7Pm Kickboxing-Traci	<b>10</b> 8am Circuit- Brenda 10:30am-Senior Circuit-Kathy 6:30 spin-Donna 7pm Zumba-Terri Blue	<b>11</b> 10:30am Silver Sneakers – Yoga/Stretch-Brenda 12:15pm Boot Camp-Gray	<b>12</b> 8am Zumba-Alexis 8:30am Spin-William
13	<b>14</b> 10:30am Silver sneakers-Brenda 12:15pm Boot Camp-Kathy 6pm Zumba-Alexis 7pm Muscle Pump-Jessica 7pm Beginner Spin-David	<b>15</b> 8am Body Sculpt-Brenda 10:30am Senior Circuit-Kathy 6pm Zumba-Alexis 6pm Spin-William 7pm Pilates-Cami	<b>16</b> 6am Abs Class-Brenda 10:30am Silver Sneakers- Valerie 12:15pm Boot Camp-Gray 5:45pm Basic Spin-William 6pm Zumba-Danielle 7Pm Kickboxing-Traci	<b>17</b> 8am Circuit-Brenda 10:30am-Senior Circuit-Kathy 5:50pm African Dance-Shaliah 6:30 spin-Donna 7pm Zumba-Terri Blue	<b>18</b> 10:30am Silver Sneakers – Yoga/Stretch-Brenda 12:15pm Boot Camp-Gray	<b>19</b> 8am Zumba-Alexis 8:30am Spin-William
20	<b>21</b> 10:30am Silver sneakers-Brenda 12:15pm Boot Camp-Kathy 6pm Zumba-Alexis 7pm Muscle Pump-Jessica 7pm Beginner Spin-David	<b>22</b> 8am Body Sculpt-Brenda 10:30am Senior Circuit-Kathy 6pm Zumba-Alexis 6pm Spin-William 7pm Pilates-Cami	<b>23</b> 6am Abs Class-Brenda 10:30am Silver Sneakers- Valerie 12:15pm Boot Camp-Gray 5:45pm Basic Spin-William 6pm Zumba-Danielle 7Pm Kickboxing-Traci	<b>24</b> 8am Circuit-Brenda 10:30am-Senior Circuit-Kathy 5:50pm African Dance-Shaliah 6:30 spin-Donna 7pm Zumba-Terri Blue	<b>25</b> 10:30am Silver Sneakers – Yoga/Stretch-Brenda 12:15pm Boot Camp-Gray	<b>26</b>  <b>Memorial Day!</b>  <b>No Classes</b>
27	<b>28</b>  <b>Memorial Day!</b>  <b>No Classes</b>	<b>29</b> 8am Body Sculpt-Brenda 10:30am Senior Circuit-Kathy 6pm Zumba-Alexis 6pm Spin-William 7pm Pilates-Cami	<b>30</b> 6am Abs Class-Brenda 10:30am Silver Sneakers- Valerie 12:15pm Boot Camp-Gray 5:45pm Basic Spin-William 6pm Zumba-Danielle 7Pm Kickboxing-Traci	<b>31</b> 8am Circuit-Brenda 10:30am-Senior Circuit-Kathy 5:50pm African Dance-Shaliah 6:30 spin-Donna 7pm Zumba-Terri Blue	<b>indicates aerobic Room #2</b> <b>indicates spin room</b>	