

Group Exercise

GROUP EXERCISE IN THE STUDIO DECEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		45 min. class Power Pump	TORCH & RIDE	45 min. class Power Pump	8am BODY FLOW 12/1 & 12/8		
8:00am	Yoga (Add'l Fee)		Yoga (Add'l Fee)			Power Pump	
8:15am		EzDuz It		EzDuz It			
8:30am							Body Combat®
9:00am	*Let's Dance		*Let's Dance!		*Let's Dance	12/15 AT 9AM COUNTRY HEAT	
9:15am		*BodyCombat®		BodyCombat®		*Power Hour	
10:00am	* Power Pump		* Power Pump		* Power Pump		
10:15am		45 min. class *Zumba®		45 min. class *Zumba®			
10:30am						*Zumba®	
11:05am	SilverSneaker® Cardio/Circuit		SilverSneaker® Classic		*SilverSneaker® Classic	No Class 12/15/17	
11:15am		SilverSneaker® Yoga		SilverSneaker® Yoga			

WALK-INS ALWAYS WELCOME! \$5.00

4:30pm			Body Combat®		Zumba®	No 4:30 Zumba Classes 12/23 & 12/29
5:30pm	* Power Pump	*BodyCombat®	* Power Pump	*BodyCombat®	*Indicates Babysitting	BOLD FREE to SilverSneakers® And Silver & Fit® Members!
6:30pm	*Zumba®	6:45 Fireman's Class	*Zumba®	6:45 Fireman's Class		

SATURDAY POWER HOUR CLASSES: 9:15AM
 12/2 COMBAT — HOLLY
 12/9 COMBAT — KRISTEN
 12/16 — ZUMBA HOLIDAY HUSTLE
 12/23 COMBAT- KRISTIE
 12/30 TORCH- ALICIA

aerobiccenter.org

No Classes
12/14/17- 1/1/18

ZUMBA HOLIDAY HUSTLE
SATURDAY 12/16
9:15-11:15AM
Benefits Disabled Veterans
Minimum \$10 Donation

Like us on Facebook!
Aerobic Center Lynchfield

HOLIDAY CLASSES— (no babysitting)
 SUNDAY 12/24 8AM BODY COMBAT
 SUNDAY 12/31 8AM BODY COMBAT
 MONDAY, 1/1/18 10AM POWER PUMP

	CENTER	POOL
12/24	7AM-NOON	7AM-11AM
12/25	CLOSED	CLOSED
12/26	7AM-8PM	7AM-7PM
12/31	7AM-NOON	7AM-11AM
1/1/18	9AM-2PM	9AM-1PM

Classes/Babysitting times subject to change without prior notice!

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SilverSneakers Classic®- A non-impact chair class designed to increase strength, range of movement, agility, balance and coordination, and to improve a participant's functional capacity, physical fitness level and sense of well-being. Beginner/Intermediate

SilverSneakers Cardio/Circuit®- A low-impact, chair optional, class alternating weights and aerobics to increase cardiovascular and muscle endurance. Beginner/Intermediate

SilverSneakers Yoga®- A chair class designed to target balance, range of movement, flexibility and breathing. Beginner/Intermediate

Ez Duz It- A slower paced low impact aerobic class, combining aerobics, weight training and stretching. Beginner/Intermediate

Power Hour- TORCH, Intervals, R.I.P.P.E.D.®, Tabatas, Step or BodyCombat®. Come challenge yourself. Intermediate/Advanced

TORCH & RIDE- The Aerobic Center's answer to Cross Fit. Plus a 1/2 hour of cycling. Advanced

Lets DANCE!- Rock & Roll or Zumba, latin music or music from the 60s to the present. All Levels

Zumba®- Ditch the workout! Join the Party! All Levels

Power Pump- An Aerobic Center original. It's like having your own personal trainer. Builds strength and definition using weights, bands and balls. All Levels

Yoga- Improve strength, flexibility and balance. Yoga Mat recommended. All Levels- Additional Fee.

R.I.P.P.E.D.®- Resistance, Interval, Power, Plyometric, Endurance, Diet. Cardio-Weights-Fun-Done! High powered cardio workout laced with weights, intervals and resistance. Intermediate/Advanced

LesMills BodyCombat® - Energetic class cardio workout inspired by martial arts such as karate, tae kwon do, tai chi and muay thai. Participants strike, punch, kick and kata their way through calories. Intermediate/Advanced