

Group Exercise

GROUP EXERCISE IN THE STUDIO MARCH 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		45 min. class Power Pump	TORCH & RIDE	45 min. class Power Pump			
8:00am	Yoga (Add'l Fee)		Yoga (Add'l Fee)			Power Pump	
8:15am		EzDuz It		EzDuz It			
8:30am					Country Heat 9AM 3/16 with Kara		Body Combat®
9:00am	*Let's Dance		*Let's Dance!		*Let's Dance		
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	HOLIDAY STUDIO CLASSES 3/30 GOOD FRIDAY 9AM, 10AM & 4:30PM 3/31 SATURDAY 8AM, 9:15AM, & 10:30AM 4/1 SUNDAY CLOSED	
11:15am		SilverSneaker® Yoga		SilverSneaker® Yoga			
WALK-INS ALWAYS WELCOME! \$5.00							
4:30pm			Body Combat®		Zumba®	BOLD FREE to SilverSneakers® And Silver & Fit® Members!	
5:30pm	* Power Pump	*BodyCombat®	* Power Pump	*BodyCombat®	*Indicates Babysitting		
6:30pm	*Zumba®	6:45 Fireman's Class	*Zumba®	6:45 Fireman's Class			
		No Class 3/27					

SATURDAY POWER HOUR CLASSES: 9:15AM
 3/3 TORCH— ALICIA
 3/10 COMBAT— KRISTEN
 3/17 TORCH— ALICIA
 3/24 COMBAT— HOLLY
 3/31 COMBAT— KRISTEN

aerobiccenter.org

SELF DEFENSE CLASS
 3/11/18 (SUNDAY)
 11AM-1PM
 COST:\$10/PERSON

Like us on Facebook!
 Aerobic Center Lynchfield

BINGO FUNDRAISER
 AT HOSE CO. #7, EAST PITTSBURGH ST.
 SATURDAY, MARCH 24, 2018
 DOORS OPEN AT 11:30AM
 TICKETS:\$25 available at the Front Desk.

STRONG Zumba Demo coming in April!

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

Country Heat®- Aerobic class featuring simple line dance moves set to up beat country music. Designed for all levels.

Ez Duz It- EZ on the joints but not an ez class! Combines aerobics, zumba, 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.

TORCH- The Aerobic Center's answer to Cross Fit. 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