## 2021 Winter Aerobics Calendar

### Payne Recreation Center

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>9:30 AM</strong></td>
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<td>Silver Sneakers</td>
<td>HIIT</td>
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<td>Michelle De.</td>
<td>Travis</td>
<td>Michelle De.</td>
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<td><strong>5:30 PM</strong></td>
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<tr>
<td>Pilates</td>
<td>Zumba Fusion</td>
<td>Tabata</td>
<td>Tone &amp; Sculpt</td>
<td>Zumba</td>
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<tr>
<td>Michelle G.</td>
<td>Shelly</td>
<td>Travis</td>
<td>Michelle G.</td>
<td>Shelly/Michelle De.</td>
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### Boot Camp - 9:30a: Sat

Boot Camp will build your strength and endurance by combining high-intensity with strength training intervals.

### HIIT - 9:30a: Tue & Thu

This class alternates between intense bursts of activity and fixed periods of less-intense activity or rest. Get FIT with HIIT!

### Pilates - 5:30p: Mon

This class incorporates the body-mind connection helping you focus on muscle and their use.

### Silver Sneakers - 9:30a: Mon, Wed, Fri

Designed to increase muscular strength, range of movement, and activities for daily living. Hand held weights, bands, and SS balls are offered.

### Tabata - 5:30p: Wed

This high intensity class combines cardio, core, and strength training with intervals of anaerobic exercise and recovery periods that will leave you energized.

### Tone & Sculpt - 5:30p: Thu

We focus on the body’s weak points and help strengthen the back and spine, knees, and neck.

### Zumba - 10:30a: Sat

Zumba is a mix of movements from Latin dances and music. It is equal part dancing and aerobics.

### Zumba Fusion - 5:30p: Tue

An energizing mix of Zumba, cardio dance, strength and balance training.

most classes are 50 minutes