2020 Spring Aerobics Calendar
Payne Recreation Center

### Monday
- **9:30 AM**
  - Silver Sneakers
  - Michelle De.
- **5:30 PM**
  - Zumba
  - Michelle De.
- **6:30 PM**
  - Pilates
  - Michelle G.
- **6:30 PM**
  - Teen Fitness
  - Michelle De.
- **7:30 PM**
  - HIIT
  - Michelle G.

### Tuesday
- **11:30 AM**
  - HIIT
  - Travis
- **5:30 PM**
  - Zumba Fusion
  - Shelly
- **6:30 PM**
  - Yoga
  - Kris

### Wednesday
- **9:30 AM**
  - Silver Sneakers
  - Michelle De.
- **10:30 AM**
  - Stretching
  - Michelle De.
- **5:00 PM**
  - Tabata
  - Travis
- **6:30 PM**
  - Zumba Fusion
  - Amber

### Thursday
- **11:30 AM**
  - HIIT
  - Travis
- **5:30 PM**
  - Dance Fitness
  - Tosha
- **6:30 PM**
  - Tone & Sculpt
  - Michelle G.
- **7:30 PM**
  - Stretching
  - Michelle G.

### Friday
- **9:30 AM**
  - Silver Sneakers
  - Michelle De.
- **9:00 AM**
  - Boot Camp
  - Michelle G.
- **10:00 AM**
  - Zumba
  - Shelly/Michelle De.
- **11:00 AM**
  - Stretching
  - Amber/Michelle G.
- **11:30 AM**
  - HIIT
  - Travis
- **6:30 PM**
  - Zumba Fusion
  - Amber

### Saturday
- **9:00 AM**
  - Boot Camp
  - Michelle G.
- **10:00 AM**
  - Zumba
  - Shelly/Michelle De.
- **11:00 AM**
  - Stretching
  - Amber/Michelle G.

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**Boot Camp**
- **9:00 AM**: Sat
- **10:00 AM**: Sat
- **11:00 AM**: Sat
- **6:30 PM**: Mon
- **7:30 PM**: Mon
- **HIIT**: 11:30 AM: **Tue & Thu**
- **Dance Fitness**: 5:30 PM: **Thu**
- **Pilates**: 6:30 PM: **Mon**
- **Silver Sneakers**: 9:30 AM: Mon, Wed, Fri
- **Tabata**: 5:00 PM: Wed
- **Teen Fitness**: 6:30 PM: Mon
- **Tone & Sculpt**: 6:30 PM: Thu

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**Zumba**
- **5:30 PM**: Mon
- **10:00 AM**: Sat

**Dance Fitness**
- **5:30 PM**: Thu
- **Dance Fitness is where Zumba meets Hip Hop and Pop. It’s a non-judgmental sweaty dance party to today’s Top Hits!**

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**Silver Sneakers**
- **9:30 AM**: Mon, Wed, Fri
- You DO NOT have to be a Silver Sneakers member to join this class. Designed to increase muscular strength, range of movement, and activities for daily living. Hand held weights, bands, and SS balls are offered for resistance.

**Stretching**
- **10:30 AM**: Wed
- **11:00 AM**: Sat
- This low impact class will relax and stretch your whole body to improve your muscle tone and flexibility.

**Teen Fitness**
- **6:30 PM**: Mon
- Ages 11-up are encouraged to join this fun, energetic class to learn the basics of fitness and aerobic exercise. This class will meet in the Mentoring Youth Room and utilize the gym and other weight rooms.

**Tone & Sculpt**
- **6:30 PM**: Thu
- We focus on the body’s weak points and help strengthen the back and spine, knees, and neck.

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**Zumba Fusion**
- **5:30 PM**: Tue
- **6:30 PM**: Wed
- An energizing mix of Zumba, cardio dance, strength and balance training.

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**NEW CLASS - Tabata**
- **5:00 PM**: Wed
- This high intensity class combines cardio, core, and strength training with intervals of anaerobic exercise and recovery periods that will leave you feeling energized.

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**Most classes are 50 minutes**

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