



January Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1100: Lunch Blast: Spin-Robert 1750: Cardio Kickbox-Pam	0930: Mommy Bootcamp-Sharon 1100: Cardio Kickbox-Pam 1730: REFIT-Cara	1100: Lunch Blast: Yoga-Amanda	0930: Mommy Bootcamp-Sharon 1100: Spin-Sara/Robert 1730: Zumba-Elizabeth	1100: Lunch Blast: Legs/Bums/Tums-Sharon

CARDIO KICKBOXING (Pam): Learn how to perform punches, kicks, knee strikes and block techniques with proper form. Body weight exercises for strength. A cool down and stretch segment. All with modifications as needed.

MOMMY BOOTCAMP (Sharon): 45min. Great for all fitness levels. Fun, yet challenging full-body workouts that are designed to improve your overall fitness- strength, cardio, agility, and endurance. Kids welcome.

REFIT (Cara and Donna): REFIT® is a group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out. The easy-to-follow class is perfect for both beginners and fitness enthusiasts, designed for everybody and every body—regardless of age, shape, size or ability.

ZUMBA (Elizabeth): Fun, high-intensity dance cardio class.

LEGS/BUMS/TUMS (Sharon): 45min. All fitness levels welcome. Tone your thighs, tighten your bum, and firm those abs as this class focuses on just your lower body. Feel the burn and achieve results.

MORNING STRETCH YOGA (Cara): Start your morning off right with a yoga class focused on flexibility. Proper form will be emphasized and explained to ensure the safety of participants. You'll leave relaxed and ready to face your day.

SPIN (Robert and Sara): Indoor-cycling aerobics class focused on endurance and strength.



Freedom Hall Fitness Center

0500-2100 Monday-Thursday, 0500-1900 Friday, 1000-1800 Saturday and Sunday, Closed Holidays and Family Days
If you have any questions, please call 773-6199