



**BRUNSWICK COMMUNITY**  
Recreation & Fitness Center

sponsored by

Southwest General  
**AEROBICS SCHEDULE**  
**January 2012**



	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	8:30	Zumba -Margarita-						
	9:30		Kickboxing -Karen-	Zumba -Margarita-		Simply Sculpt -Karen-	9:15 Zumba -Sara-	
	10:30		Simply Sculpt -Karen-		Tabata -Karen-	Cardio Cycle -Karen-	Cardio Cycle -Erin-	10:30 Zumba -Margarita-
	11:30						Fusion Plus -Bonnie-	11:30 Yoga -Tiffany-
PM	5:30		Zumba -Gia-	Bootcamp -Grace-	Fusion -Bonnie-	6:15 Zumba -Margarita-		
	6:15	Zumba** -Sara/Margarita-						
	6:30	Pilates Balance & Strength* -Bonnie-	6:45 Cardio Cycle -Erin-	Pilates Matwork* -Bonnie-	Zumba -Gia-			
	7:30	Spinning -Aubrey-	7:35 Cardio Mix -Erin-	Cardio Sculpt -Bonnie-	Cardio Cycle -Erin-			
	8:30			Cardio Cycle -Aubrey-				



\*Please bring your own mat to class  
\*\*Class is in the Multi-Purpose Room

Month to Month Unlimited Aerobics Classes Pass

Member - \$30  
Non - Member - \$40

Unlimited 2 & 3 Month Passes also available at request.