

Cross Lanes Nautilus Fitness Center

917 Cross Lanes Dr., Cross Lanes WV 25313 Phone# 776-5115

Aerobics Schedule Starts Monday, July 18th

DAY/TIME	CLASS NAME	INSTRUCTOR	LEVEL
Monday 9:30-10:15am	Cardio Mix	Jodi	All levels
Monday 4:15-5:15pm	Zumba	Dawn	All levels
Monday 5:25-6:25pm	Zumba	Andrea	All levels
Monday 6:45-7:30pm	Power Step	Trudy	A, I

Tuesday 6:15-7:00am	Jump Start	Trudy	A, I
Tuesday 9:00-10:00am	Zumba	Leatha	All levels
Tuesday 4:30-5:00pm	Arms and Abs	Cathy	All levels
Tuesday 5:45-6:45pm	Cardio Mix	Jodi	A,I

Wednesday 9:30-10:15am	Cardio Mix	Jodi	All levels
Wednesday 4:15-5:15pm	Zumba/Tracy (canceled/will resume in the fall)		
Wednesday 5:30-6:30pm	Zumba	Andrea	All levels
Wednesday 6:35-7:35pm	Sculpt	Andrea	All levels

Thursday 6:15-7:00am	Jump Start	Trudy	A, I
Thursday 9:00-10:00am	Zumba	Leatha	All levels
Thursday 4:30-5:00pm	Legs and Abs	Cathy	All levels
Thursday 5:45-6:45pm	Cardio Mix	Jodi	All levels
Thursday 7:00-7:45pm	Pump and Burn!	Stephanie	All levels

Saturday Classes			
7/9/11 9:00-10:00am	Trudy	Jump Start (moderate)	All levels
7/16/11 9:00-10:00am	Jodi	Cardio Mix	All levels
7/23/11 9:00-10:00am	Andrea	Sculpt	All levels
7/30/11 9:00-10:00am	Jodi	Cardio Mix	All levels
8/6/20 9:00-10:00am	Trudy	Power Step!	All levels
8/13/11 9:00-10:00am	Stephanie	Pump and Burn!	All levels
8/27/11 9:00-10:00am	Jodi	Cardo Mix	All levels
9/3/11 9:00-10:00am	Andrea	Sculpt	All levels
9/10/11 9:00-10:00am	Trudy	Power Step!	All levels

ZUMBA! Saturday's 10:15-11:15

A-Advanced I-Intermediate B-Beginner S-Seniors