

Nautilus Cross-Training Schedule

2010

MONDAY, MARCH 15 - SUNDAY, MARCH 21

| Day/Time | Class Name | Instructor | Location |
|-----------|------------|------------|--------------|
| 6:15 a.m. | Spinning | Matt | CAMC |
| 9:00 a.m. | Low Gear | Cherie | Kanawha City |
| 5:30 p.m. | Spinning | LeaAnn | CAMC |
| 5:45 p.m. | Pump | Cherie | Kanawha City |
| 7:00 p.m. | Zumba | Jodi | YWCA |
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|-----------|--------------|-----------|--------------|
| 9:00 a.m. | 55+ Aerobics | Sharon C. | YWCA |
| 9:45 a.m. | Zumba | Nidia | Kanawha City |
| 4:40 p.m. | Give Me 30 | Annette | YWCA |
| 5:30 p.m. | Zumba Basic | Melea | YWCA |
| 5:30 p.m. | Spinning | Ralph | CAMC |

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|-----------|------------|----------|--------------|
| 6:15 a.m. | Spinning | LeaAnn | CAMC |
| 9:00 a.m. | Low Gear | Cherie | Kanawha City |
| 4:45 p.m. | Arms & Abs | Corey | YWCA |
| 5:30 p.m. | Spinning | Charissa | CAMC |
| 5:45 p.m. | Pump | Trudy | Kanawha City |
| 7:00 p.m. | Zumba | Nidia | YWCA |

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|-----------|--------------|-----------|--------------|
| 9:00 a.m. | 55+ Aerobics | Sharon C. | YWCA |
| 9:45a.m. | Zumba | Nidia | Kanawha City |
| 4:40 p.m. | Give Me 30 | Annette | YWCA |
| 5:30 p.m. | Spinning | Ralph | CAMC |
| 6:00 p.m. | Turbo Kick | Debbie | YWCA |

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|-----------|----------|------|--------------|
| 6:15 a.m. | Spinning | Matt | CAMC |
| 9:00 a.m. | Low Gear | Sue | Kanawha City |
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|------------|----------|-------|--------------|
| 8:30a.m. | Spinning | Ralph | CAMC |
| 10:00 a.m. | Pump | Trudy | Kanawha City |
| 10:00 a.m. | Zumba | Melea | YWCA |

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|-----------|------------|--------|------|
| 3:30 p.m. | Turbo-Kick | Debbie | YWCA |
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| 4:30 p.m. | Zumba | Andrea | YWCA |

Schedule times and instructors are subject to change

Kanawha City
346-2801

CAMC
346-9145

YWCA
340-3550

Cross Lanes
776-5115