

# Nautilus Cross-Training Schedule

<http://CharlestonFitnessWV.com>

MONDAY, JUNE 22 - SUNDAY, JUNE 28

Day/Time	Class Name	Instructor	Location
6:15 a.m.	Spinning	Matt	CAMC
9:00 a.m.	Low Gear	Cherie	Kanawha City
5:45 p.m.	Pump	Sousan	Kanawha City
7:00 p.m.	Zumba	Shirley	YWCA

9:00 a.m.	55+ Aerobics	Sharon C.	YWCA
9:45 a.m.	Zumba	Leatha	Kanawha City
4:40 p.m.	Give Me 30	Annette	YWCA
5:30 p.m.	Spinning	Cherie	CAMC
6:00 p.m.	Turbo Kick	Jimelle	YWCA

6:15 a.m.	Spinning	Matt	CAMC
9:00 a.m.	Low Gear	Cherie	Kanawha City
4:45 p.m.	Arms & Abs	Bev	YWCA
5:45 p.m.	Pump	Trudy	Kanawha City
7:00 p.m.	Zumba	Shirley	YWCA

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

6:15 a.m.	Spinning	Matt	CAMC
9:00 a.m.	Low Gear	Cherie	Kanawha City
9:00 a.m.	55+ Aerobics	Sharon C.	YWCA

9:00 a.m.	OUTSIDE CLASS	Matt/Cherie	MAGIC ISLAND
9:00 a.m.	OUTSIDE CLASS	Matt/Cherie	MAGIC ISLAND
10:00 a.m.	Zumba	Shirley	YWCA

4:30 p.m.	Zumba	Shirley	YWCA
5:45 p.m.	Turbo Kick	Jimelle	YWCA

*Schedule times and instructors are subject to change*

**Kanawha City**  
346-2801

**CAMC**  
346-9145

**YWCA**  
340-3550

**Cross Lanes**  
776-5115