

# Nautilus Cross-Training Schedule

2010

MONDAY, MARCH 8 - SUNDAY, MARCH 14

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	Debbie	Kanawha City
7:00 p.m.	Zumba	Jodi	YWCA

9:00 a.m.	55+ Aerobics	Sharon C.	YWCA
9:45 a.m.	Zumba	Nedia	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

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	Nedia	YWCA

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

6:15 a.m.	Spinning	Matt	CAMC
9:00 a.m.	Low Gear	Cherie	Kanawha City

8:30a.m.	Spinning	Charissa	CAMC
10:00 a.m.	Pump	Debbie	Kanawha City
10:00 a.m.	Zumba	Nedia	YWCA

3:30 p.m.	Turbo-Kick	Debbie	YWCA
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