

# STRENGTH-CARDIO CLASSES • JULY SCHEDULE

## Aerobic Studio

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>MORNING</b>		<b>BODYPUMP</b> 5:30-6:30 HK		<b>BODYPUMP</b> 5:30-6:30 JC/MC	<b>BODYSTEP</b> 5:30-6:30 JC		
	<b>BODYATTACK</b> 8:30-9:30 JC	Zumba 8:30-9:30 MC	Cardio Core 8:30-9:30 CM	Step and Sculpt 8:30-9:30 MC	Cardio-Mix 8:30-9:30 CM	<b>BODYPUMP</b> 8:30-9:30 3MC, 10JC, 17JP, 24TEAM, 31JC	<b>BODYPUMP</b> 8:30-9:30 11JG, 18HK, 25JG
	<b>BODYPUMP</b> 9:35-10:35 SaP	Total Body Sculpt 9:35-10:35 SP	<b>BODYPUMP</b> 9:35-10:35 SaP	Zumba 9:35-10:35 MC	<b>BODYPUMP</b> 9:35-10:35 SP	<b>BODYSTEP</b> 9:35-10:35 3MC, 10JC, 17JP, 24TEAM, 31JC	
<b>MIDDAY</b>	Boomers & Beyond Strength 10:45-11:45 HP	<b>SilverSneakers I</b> Muscular Strength 10:45-11:45 6RH, 13SP, 20RH, 27SP	Boomers & Beyond Strength 10:45-11:45 HP	<b>SilverSneakers I</b> Muscular Strength 10:45-11:45 HP	Boomers & Beyond Strength 10:45-11:45 SP	<b>BODYCOMBAT</b> 10:35-11:35 3HS, 10HS, 17SP, 24TEAM, 31HS	
	<b>BODYPUMP</b> Noon-1 SaP	<b>BODYVIVE</b> Noon-1 BK	<b>BODYPUMP</b> Noon-1 SaP	<b>BODYVIVE</b> 12:15-1:15 BK	<b>BODYPUMP</b> Noon-1 SaP		<b>BODYCOMBAT</b> 3-4 SP
<b>EVENING</b>	<b>BODYCOMBAT</b> 4:40-5:40 SP	<b>BODYPUMP</b> 4:40-5:40 JC	<b>BODYCOMBAT</b> 4:40-5:40 SP	<b>BODYPUMP</b> 4:40-5:40 SP			Total Body Sculpt 4:40-5:40 SP
	Zumba 5:45-6:45 JC/MC	Pain in the Butt & Abs 5:45-6:45 SP	<b>BODYPUMP</b> 5:45-6:45 SP	<b>BODYCOMBAT</b> 6:15-7:15 SP			
		<b>BODYCOMBAT</b> 6:50-7:50 VJ					

Instructor Key: AB=Angela Boeke, AK=??, BK=Becky Klutts, CM=Chris McCusker, D?=Deborah?, DC=Donna Chandler, DF=Dustin Feldman, HK=Holly Kriener, HP=Holly Pardekooper, HS=Hilary Snyder, JC=Jason Clark, JG= Justin Glasgow, JK=Jay Kambhu, JP=Julie Pady, MC=Michelle Clark, MD=Megan Dusing, MK=Maura Kenworthy, MR=Melissa Robinson, MW=Megan Wilson, RH=Rosanne Hopson, SM=Samantha Myers, SaP=Sarah Post, SP=Shannon Price, ST=Sara Tack, TM=Traci Meineke, VJ=Valerie Johnson

**Notify the instructor if you are attending for the first time and/or have health concerns.**

**Instructors, class times, and locations are subject to change.**

**NDAC will be closed Sunday, July 4<sup>th</sup>.**