

# Fitness / Aerobics Room Classes – General Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY
<p>Weighted Workout 8-8:45am                      SilverSneakers Classic 9-9:45am                      Hour Aerobics 10-10:55am                      Chair Yoga 11-11:45am                      Body Sculpting 5-5:55p                      Ballroom Beginners 6-6:55p                      Ballroom Intermediate 7-7:55p</p>	<p>Power Yoga 8-9am                      Cardio Mashup 8-8:45am                      ½ Hour Aerobics 9-9:25am                      Sit &amp; Be Fit 9:30-10am                      High Low Aerobics 6:10-6:55pm                      Team Total Fitness 7-7:55pm                      Fitness 101 8-8:55pm</p>	<p>Morning Stretch 8-8:45                      9-9:45 SilverSneakers Yoga                      10-10:55a Hour Aerobics                      Tae Bo 5-5:55pm                      Zumba 6-6:55pm                      Hatha Yoga Beginners 6-6:55pm                      Hatha Yoga Intermediate 7-7:55pm</p>
THURSDAY	FRIDAY	SATURDAY
<p>Weighted Workout 8-8:45am                      ½ Hour Aerobics 9-9:25am                      Sit &amp; Be Fit 9:30-10am                      Kids Yoga 5-5:55pm                      Power Yoga 6-7pm                      Power Yoga Advanced 7:15-8:30pm                      High Low Aerobics 6:10-6:55pm                      Team Total Fitness 7-7:55pm                      Fitness 101 8-8:55pm</p>	<p>Barre Fitness 8-8:55am                      SilverSneakers CardioFit 9-9:50am</p> <div data-bbox="919 803 1171 1047" style="text-align: center;"> </div>	<p>Power Yoga 8-9am                      OUTDOOR Zumba 8:30-9:30am                      Team Total Fitness 9-9:50am                      Youth Dance w/ Miss Katie 10-1:15pm                      (fall / winter / spring) – in addition to other days &amp; times year round (see brochure)</p>

All classes meet in the Aerobics Room at Lincoln Community Center except Yoga classes; held in a classroom and outdoor classes; held at the Main Square Park gazebo

Classes held year round except High-Low Aerobics (Sept.-May) & those outdoor (summer). See class description, session dates and pricing in latest brochure.

**Instructors:** Louise Boyd    Lynn Bluethmann    Sarah Barsic    Christine Podgorny  
 Aziza Gil    Jen Gregory    Rey Candelaria    Charlie Capek & Patricia Valentine