

# CANTAMIA®

## CANTAMIA FITNESS SCHEDULE

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY
8:00am Jazzercise (No Class 8/21)	8:00am Jazzercise (No Class 8/22)	8:00am Jazzercise (No Class 8/23)
8:30am Water Aerobics	9:00am AquaFit	9:15am Total Body Cond (No Class 8/9)
9:15am Total Body Cond (No Class 8/7)	9:15am Yoga	10:30am Yoga
10:30am Yoga	11:00am Chair Yoga	4:30pm Water Aerobics
1:00pm Equip Orientation (3 <sup>rd</sup> )*		
THURSDAY	FRIDAY	SATURDAY
8:00am Jazzercise (No Class 8/17, 8/24)	8:00am Jazzercise (No Class 8/18, 8/25)	8:30am Water Aerobics
9:15am Yoga	9:00am AquaFit	
3:30pm Equip Orientation (2 <sup>nd</sup> )*		

Sign-up on ActiveNet today to save your spot!

Fitness Classes are for all skill levels!

\*Monthly Equipment Orientation | 2<sup>nd</sup> Thursday with Bob | 3<sup>rd</sup> Monday with Maggie

All Fitness Classes are \$3 per Class

### INSTRUCTORS

**Julie Christopher**, Yoga/Chair Yoga

**Bob Jankowski**, Equipment Orient.

**Michael Jorgensen**, Jazzercise

**Peg Olson**, Aqua Fit

**Maggie Pugh**, Total Body Cond/Equipment Orient.

**Marta Tacher**, Jazzercise

**Denise Varns**, Water Aerobics