

# CANTAMIA®

## CANTAMIA FITNESS SCHEDULE

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY
8:00am Jazzercise(2pm Class 1 /1)	8:00am Jazzercise	8:00am Jazzercise
8:30am Water Aerobics(9am Class 1/1)	9:00am AquaFit	9:15am Total Body Cond
9:15am Total Body Cond	9:15am Basic Yoga & Stretch	10:30am Yoga(No Class 1/3)
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	8:00am Jazzercise	8:30am Water Aerobics
9:15am Yoga(No Class 1/4)	9:00am AquaFit	9:00am Zumba
11:00am Chair Yoga(No Class1/4)	9:15am Zumba	
3:30pm Equip Orientation(3 <sup>rd</sup> )*		

Sign-up on ActiveNet today to save your spot!

Fitness Classes are for all skill levels!

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

All Fitness Classes are \$3 per Class

### INSTRUCTORS

**Sherry Bernar**, Zumba

**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