

CANTAMIA®

CANTAMIA FITNESS SCHEDULE

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY
8:00am Jazzercise	8:00am Jazzercise	8:00am Jazzercise
8:30am Water Aerobics	9:00am AquaFit	9:15am Total Body Cond
9:15am Total Body Cond	9:15am Basic Yoga & Stretch	10:30am Yoga
10:30am Yoga	11:00am Chair Yoga	4:30pm Water Aerobics
1:00pm Equip Orientation(3 rd)*		

***No Water Aerobics from Saturday, February 3-Monday, February 19**

THURSDAY	FRIDAY	SATURDAY
8:00am Jazzercise	8:00am Jazzercise	8:30am Water Aerobics
9:15am Yoga	9:00am AquaFit	9:00am Zumba
11:00am Chair Yoga	9:15am Zumba	
3:30pm Equip Orientation(2 nd)*		

Sign-up on ActiveNet today to save your spot!

Fitness Classes are for all skill levels!

*Monthly Equipment Orientation | 2nd Thursday with Bob | 3rd Monday with Maggie

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