

CANTAMIA®

CANTAMIA FITNESS SCHEDULE

APRIL 2018

| MONDAY | TUESDAY | WEDNESDAY |
|---|--------------------------------|------------------------|
| 8:00am Jazzercise | 8:00am Jazzercise | 8:00am Jazzercise |
| 8:30am Water Aerobics | 9:00am AquaFit (No Class 4/17) | 9:15am Total Body Cond |
| 9:15am Total Body Cond (No Class 4/16) | 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)* | | |
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| THURSDAY | FRIDAY | SATURDAY |
| 8:00am Jazzercise | 8:00am Jazzercise | 8:30am Water Aerobics |
| 9:15am Yoga | 9:00am AquaFit (No Class 4/20) | |
| 11:00am Chair Yoga | | |
| 3:30pm Equip Orientation(2 nd)* | | |
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Sign-up on ActiveNet today to save your spot!

Fitness Classes are for all skill levels!

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

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