



Golay Community Center

1007 E. Main St.
Cambridge City, IN 47327
(765) 478-5565

Aerobics Schedule MAY 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 9:00a Spin RE 9:45a H2O Aero ZH 10:00a Healthy Living PF 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	2 9:00a H2O Aero PF 5:00p Spin RE 6:00p Body Sculpt RE	3 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	4 NO CLASSES
5	6 NO LOW IMPACT 9:00a Spin RE 9:45a H2O Aero ZH 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	7 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	8 9:00a Spin RE 9:45a H2O Aero ZH 10:00a Healthy Living PF 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	9 9:00a H2O Aero PF 5:00p Spin RE 6:00p Body Sculpt RE	10 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	11 9:00a Yoga JR 10:00a Pilates JR 11:00a Step JR
12	13 NO LOW IMPACT 9:00a Spin RE 9:45a H2O Aero ZH 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	14 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	15 9:00a Spin RE 9:45a H2O Aero ZH 10:00a Healthy Living PF 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	16 9:00a H2O Aero PF 5:00p Spin RE 6:00p Body Sculpt RE	17 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	18 9:00a Yoga JR 10:00a Pilates JR 11:00a Step JR
19	20 7:45a Low Impact CS 9:00a Spin RE 9:45a H2O Aero ZH 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	21 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	22 9:00a Spin RE 9:45a H2O Aero ZH 10:00a Healthy Living PF 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	23 9:00a H2O Aero DT 5:00p Spin RM 6:00p Body Sculpt RM	24 9:00a Spin RM 5:00p Spin RM 6:00p Body Sculpt RM	25 NO CLASSES
26	27 CLOSED	28 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	29 9:00a Spin RE 9:45a H2O Aero ZH 10:00a Healthy Living PF 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	30 9:00a H2O Aero PF 5:00p Spin RE 6:00p Body Sculpt RE	31 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	

Notes

- Classes are Free/members and \$5/non-members
- During inclement weather, if Western Wayne Schools are CLOSED we will NOT have morning classes.
- CLASSES ARE SUBJECT TO CHANGE