




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

Aerobics Schedule

April 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 9:00a Spin RE 5:00p Spin RE 6:00p Body Sculpt RM	2 10:00am Step JR 11:00am Yoga Flow JR
3	4 9:00a Spin RE 9:45a H2O Aero (class led) 5:00p Spin RE 6:00p H2O Aero CR 6:00p Body Sculpt RM	5 8:15a Low Impact CS 9:00a H2O Aero DT 5:00p Spin RM 6:00p Body Sculpt RM	6 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 PF 12:45p Gentle Yoga JR 1:45p Pilates JR 5:00p Spin RE 6:00p Body Sculpt RE	8 9:00a Spin RE 5:00p Spin RE 6:00p Body Sculpt RM	9 10:00am Step JR 11:00am Yoga Flow JR
10	11 9:00a Spin RE 9:45a H2O Aero ZH 5:00p Spin RE 6:00p H2O Aero CR 6:00p Body Sculpt RM	12 8:15a Low Impact CS 9:00a H2O Aero PF 5:00p Spin RM 6:00p Body Sculpt RM	13 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 PF 12:45p Gentle Yoga JR 1:45p Pilates JR 5:00p Spin RE 6:00p Body Sculpt RE	15 9:00a Spin RE 5:00p Spin RE 6:00p Body Sculpt RM	16 10:00am Step JR 11:00am Yoga Flow JR
17 Happy Easter 	18 9:00a Spin RE 9:45a H2O Aero ZH 5:00p Spin RE 6:00p H2O Aero CR 6:00p Body Sculpt RM	19 8:15a Low Impact CS 9:00a H2O Aero DT 5:00p Spin RM 6:00p Body Sculpt RM	20 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 PF 12:45p Gentle Yoga JR 1:45p Pilates JR 5:00p Spin RE 6:00p Body Sculpt RE	22 9:00a Spin RE 5:00p Spin RE 6:00p Body Sculpt RM	23 10:00am Step JR 11:00am Yoga Flow JR
24	25 9:00a Spin RE 9:45a H2O Aero ZH 5:00p Spin RE 6:00p H2O Aero CR 6:00p Body Sculpt RM	26 8:15a Low Impact CS 9:00a H2O Aero DT 5:00p Spin RM 6:00p Body Sculpt RM	27 9:00a Spin RE 9:45a H2O Aero ZH 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	28 9:00a H2O Aero PF 12:45p Gentle Yoga JR 1:45p Pilates JR 5:00p Spin RE 6:00p Body Sculpt RE	29 9:00a Spin RE 5:00p Spin RE 6:00p Body Sculpt RM	30 10:00am Step JR 11:00am Yoga Flow JR

Notes

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