



Golay Community Center

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

Aerobics Schedule

October 2022

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