



Golay Community Center

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

Aerobics Schedule

August 2023

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

Notes

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