



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

Aerobics Schedule

February 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 9:00a H2O Aero SC 5:00p Spin RE 6:00p Body Sculpt RE	2 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	3 9:00a Yoga JR 10:00a Pilates JR 11:00a Step Aerobics JR
4	5 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	6 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	7 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 SC 5:00p Spin RE 6:00p Body Sculpt RE	9 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	10 9:00a Yoga JR 10:00a Pilates JR 11:00a Step Aerobics JR
11	12 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	13 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	14 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 SC 5:00p Spin RE 6:00p Body Sculpt RE	16 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	17 9:00a Yoga JR 10:00a Pilates JR 11:00a Step Aerobics JR
18	19 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	20 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	21 9:00a Spin RE 9:45a H2O Aero ZH 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	22 9:00a H2O Aero SC 5:00p Spin RE 6:00p Body Sculpt RE	23 9:00a Spin RE 5:00p Spin RE 6:00p Body Sculpt RE	24 9:00a Yoga JR 10:00a Pilates JR 11:00a Step Aerobics JR
25	26 7:45a Low Impact CS 9:00a Spin RE 9:45a H2O Aero ZH 5:00p Spin RE 6:00p Body Sculpt RE 6:00p H2O Aero CR	27 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RE	28 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 SC 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.