



Golay Community Center

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

Aerobics Schedule

February 2025

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1 9:00a Yoga JR 10:00a Pilates JR 11:00 a Step JR
2	3 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	4 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	5 9:00a Spin RE 9:45a H2O Aero ZH 10:00a Healthy Living (self-lead) 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	6 9:00a H2O Aero SC 5:00p Spin RE 6:00p Body Sculpt RE	7 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	8 9:00a Yoga JR 10:00a Pilates JR 11:00 a Step JR
9	10 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	11 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	12 9:00a Spin RE 9:45a H2O Aero ZH 10:00a Healthy Living (self-lead) 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	13 9:00a H2O Aero SC 5:00p Spin RE 6:00p Body Sculpt RE	14 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	15 9:00a Yoga JR 10:00a Pilates JR 11:00 a Step JR
16	17 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	18 9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	19 9:00a Spin RE 9:45a H2O Aero ZH 10:00a Healthy Living (self-lead) 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero CR	20 9:00a H2O Aero SC 5:00p Spin RE 6:00p Body Sculpt RE	21 9:00a Spin RE 5:00p Spin RM 6:00p Body Sculpt RM	22 9:00a Yoga JR 10:00a Pilates JR 11:00 a Step JR
23	24	25	26	27	28	

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	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 JM	9:00a H2O Aero DT 5:00p Spin RE 6:00p Body Sculpt RM	9:00a Spin RE 9:45a H2O Aero ZH 10:00a Healthy Living (self-lead) 5:00p Spin RE 6:00p Body Sculpt RM 6:00p H2O Aero JM	9:00a H2O Aero SC 5:00p Spin RE 6:00p Body Sculpt RE	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.