



## Golay Community Center

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

## Aerobics Schedule

# September 2023

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