

Hours of Operation  
Monday – Friday: 0500-2200  
Sat/Sun/Holidays: 0600-1930

# USAFA AEROBIC SCHEDULE September 2019

5234 Aspen Drive  
USAF Academy, CO 80840  
719-333-4522

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Repeat Guests will be charged a fee of \$2.00 per class.	2  <b>LABOR DAY</b>  <b>No Classes</b>	3 0900 – Bootcamp - Robin 1100 Zumba - Juanita 1215 Yoga – Jan 1645 Pilates - Jan 1700 Water Aerobics- Julie 1815 Yoga - Kristen	4 0915 Aqua Zumba-Juanita 0915 Total Body – Emily 1100 Body Blast- – Robin 1645 Body Sculpt - Jan 1815 Tai Chi - Philip	5 0930 TRX-Micki 1100 Zumba Juanita 1215 Yoga – Jan 1645 Zumba – Robin 1700 Water Aerobics- Debbie	6 0915 Total Body – Emily 1100 Body Challenge - Robin 1215 Yoga - Kristen	7 0800 Yoga Jan 0900 Yoga Jan
8	9 0915 Aqua Zumba - Juanita 0915 Total Body Emily 1100 High Intensity - Robin	10 0900 Bootcamp - Robin 1100 Zumba - Juanita 1215 Yoga – Jan 1330 TaiChi4Hlth- Marilyn 1645 Pilates - Jan 1700 Water Aerobics- Julie 1815 Yoga - Kristen	11 0915 Aqua Zumba-Juanita 0915 Total Body – Emily 1100 Body Blast- – Robin 1645 Body Sculpt - Jan 1815 Tai Chi - Philip	12 0930 TRX-Micki 1100 Zumba Juanita 1215 Yoga – Jan 1645 Zumba – Robin 1700 Water Aerobics- Debbie	13 0915 Total Body – Emily 1100 Body Challenge - Robin 1215 Yoga - Kristen	14 <b>10K/Half Marathon Show Time-0630 Race Time-0700</b>  0800 Yoga Jan 0900 Yoga Jan
15	16 0915 Aqua Zumba - Juanita 0915 Total Body – Emily 1100 High Intensity - JooHee	17 0900 Bootcamp - Robin 1100 Zumba – Juanita 1215 Yoga –Jan 1330 TaiChi4Hlth- Marilyn 1645 Pilates – Jan 1700 Water Aerobics- Julie 1815 Yoga – Kristen	18 0915 Aqua Zumba - Juanita 0915 Total Body - Emily 1100 Body Blast- – JooHee 1645 Body Sculpt - Jan 1815 Tai Chi - Philip	19 0930 TRX-Micki 1100 Zumba Juanita 1215 Yoga - Jan 1645 Zumba – Robin 1700 Water Aerobics- Debbie	20 0915 Total Body – Emily 1100 Body Challenge - Joohee 1215 Yoga - Kristen	21 0800 Yoga Jan 0900 Yoga Jan
22	23 0915 Aqua Zumba - Juanita 0915 Total Body – Emily 1100 High Intensity - JooHee	24 0900 Bootcamp - Robin 1100 Zumba – Juanita 1215 Yoga – Jan 1330 TaiChi4Hlth- Marilyn 1645 Pilates – Jan 1700 Water Aerobics- Julie 1815 Yoga - Kristen	25 0915 Aqua Zumba - Juanita 0915 Total Body – Emily 1100 Body Blast- – JooHee 1645 Body Sculpt - Jan 1815 Tai Chi - Philip	26 0930 TRX-Micki 1100 Zumba Juanita 1215 Yoga – Jan 1645 Zumba- Robin 1700 Water Aerobics Debbie	27 0915 Total Body – Emily 1100 Body Challenge - Joohee 1215 Yoga - Kristen	28 0800 Yoga Jan 0900 Yoga Jan
29	30 0915 Aqua Zumba - Juanita 0915 Total Body – Emily 1100 High Intensity - JooHee					