

January 2010

All classes meet in the gym except for classes highlighted in yellow which meet in D112.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:					1	2
3	4	5	6 Jazzercise 6-7pm	7	8	9
10	11	12	13 Jazzercise 6-7pm	14	15	16
17	18	19 Zumba Fitness 9:30-10:30am New session Zumba Toning 10:30-11:30am Advanced Tap 5:30-6:30 pm workout w/ Pilates 6-7pm Belly Dancing 6:30-7:20pm	20 Gentle Ex/Zumba Gold 9:30-10:30 am Jazz Dance 6-7pm Jazzercise 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm	21 Aerobics 9:30-10:30am Zumba Toning 10:30-11:30 am Adult Tap Dance 6-7 pm Line Dance 7-8 pm Zumba Fitness 8-9pm	22 Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am	23 Head-to-Toe Body Toning 9-10 am Cardio Kickboxing Combo 10:05-11:05am
24	25 Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am Zumba Fitness 8-9pm	26 Zumba Fitness 9:30-10:30 am Zumba Toning 10:30-11:30 am Advanced Tap 5:30-6:30 pm workout w/ Pilates 6-7pm Belly Dancing 6:30-7:20pm	27 Gentle Ex/Zumba Gold 9:30-10:30 am Jazz Dance 6-7pm Jazzercise 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm	28 Aerobics 9:30-10:30am Gentle Yoga 9:30-10:30 am Zumba Toning 10:30-11:30 am Adult Tap Dance 6-7 pm Hatha Yoga 1 6-7pm Line Dance 7-8 pm Hatha Yoga 2 7:15-8:15pm Zumba Fitness 8-9pm	29 Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am	30 Head-to-Toe Body Toning 9-10 am Cardio Kickboxing Combo 10:05-11:05am Tai Chi Chu-an 11:15am- 12:45 pm Golf: Indoor Group Lessons 1:15-3:15pm
31	Notes:					

Dance & Fitness Calendar - Winter 2010

February 2010

All classes meet in the gym except for classes highlighted in yellow which meet in D112.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:	1	2	3	4	5	6
	Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am Tai Chi Chu'an 6:30-8 pm Zumba Fitness 8-9pm	Zumba Fitness 9:30-10:30 am Zumba Toning 10:30-11:30 am Advanced Tap 5:30-6:30 pm workout w/ Pilates 6-7pm Belly Dancing 6:30-7:20pm	Gentle Ex/Zumba Gold 9:30-10:30 am Jazzercise 6-7pm Jazz Dance 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm	Aerobics 9:30-10:30am Gentle Yoga 9:30-10:30 am Zumba Toning 10:30-11:30 am Adult Tap Dance 6-7 pm Hatha Yoga 1 6-7pm Line Dance 7-8 pm Zumba Fitness 8-9pm Hatha Yoga 2 7:15-8:15pm	Zumba Fitness 10:30-11:30 am Zumba Gold 10:30-11:30	Head-to-Toe Body Toning 9-10 am Cardio Kickboxing Combo 10:05-11:05am Tai Chi Chu-an 11:15am- 12:45 pm Golf: Indoor Group Lessons 1:15-3:15pm
7	8	9	10	11	12	13
	Gentle Ex/Zumba Gold 9:30-10:30 am Tai Chi Chu'an 6:30-8 pm Zumba Fitness 8-9pm Zumba Fitness 10:30-11:30	Zumba Fitness 9:30-10:30 am Zumba Toning 10:30-11:30 am Advanced Tap 5:30-6:30 pm workout w/ Pilates 6-7pm Belly Dancing 6:30-7:20pm	Gentle Ex/Zumba Gold 9:30-10:30 am Jazz Dance 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm Jazzercise 6-7pm	Aerobics 9:30-10:30am Gentle Yoga 9:30-10:30 am Zumba Toning 10:30-11:30 am Adult Tap Dance 6-7 pm Hatha Yoga 1 6-7pm Line Dance 7-8 pm Hatha Yoga 2 7:15-8:15pm Zumba Fitness 8-9pm	Zumba Fitness 10:30-11:30 am Zumba Gold 10:30-11:30	Head-to-Toe Body Toning 9-10 am Cardio Kickboxing Combo 10:05-11:05am Tai Chi Chu-an 11:15am- 12:45 pm Golf: Indoor Group Lessons 1:15-3:15pm
14	15	16	17	18	19	20
	Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am Social Ballroom Dance 6-7 pm Tai Chi Chu'an 6:30-8 pm Exploring Latin Dance 7-8 pm Zumba Fitness 8-9pm	Zumba Toning 10:30-11:30 am New Session Advanced Tap 5:30-6:30 pm workout w/ Pilates 6-7pm Belly Dancing 6:30-7:20pm Zumba Fitness 9:30-10:30am	Gentle Ex/Zumba Gold 9:30-10:30 am Jazzercise 6-7pm Jazz Dance 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm New Session	Gentle Yoga 9:30-10:30 am Aerobics 9:30-10:30am Zumba Toning 10:30-11:30 am New Session Adult Tap Dance 6-7 pm Hatha Yoga 1 6-7pm Hatha yoga 2 7:15-8:15pm Line Dance 7-8 pm Zumba Fitness 8-9pm	Zumba Fitness 10:30-11:30 am Zumba Gold 10:30-11:30	Head-to-Toe Body Toning 9-10 am Cardio Kickboxing Combo 10:05-11:05am Tai Chi Chu-an 11:15am- 12:45 pm Golf: Indoor Group Lessons 1:15-3:15pm
21	22	23	24	25	26	27
	Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am New Session Social Ballroom Dance 6-7 pm Tai Chi Chu'an 6:30-8 pm Exploring Latin Dance 7-8 pm Zumba Fitness 8-9pm New Session Begins	Zumba Toning 10:30-11:30 am Advanced Tap 5:30-6:30 pm workout w/ Pilates 6-7pm Belly Dancing 6:30-7:20pm Zumba Fitness 9:30-10:30am	Gentle Ex/Zumba Gold 9:30-10:30 am Jazzercise 6-7pm Jazz Dance 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm	Aerobics 9:30-10:30am Gentle Yoga 9:30-10:30 am Zumba Fitness 8-9 Zumba Toning 10:30-11:30 am Hatha Yoga 1 6-7pm Line Dance 7-8 pm Hatha yoga 2 7:15-8:15pm	Zumba Fitness 10:30-11:30 am Zumba Gold 10:30-11:30	Head-to-Toe Body Toning 9-10 am Cardio Kickboxing Combo 10:05-11:05am Tai Chi Chu-an 11:15am- 12:45 pm Golf: Indoor Group Lessons 1:15-3:15pm
28	Notes:					

Dance & Fitness Calendar - Winter 2010

March 2010

All classes meet in the gym except for classes highlighted in yellow which meet in D112.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:	1	2	3	4	5	6
	Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am Social Ballroom Dance 6-7 pm Tai Chi Chu'an 6:30-8 pm Exploring Latin Dance 7-8 pm Zumba Fitness 8-9pm	Zumba Fitness 9:30-10:30 am Zumba Toning 10:30-11:30 am Advanced Tap 5:30-6:30 pm workout w/ Pilates 6-7pm Belly Dancing 6:30-7:20pm	Gentle Ex/Zumba Gold 9:30-10:30 am Jazz Dance 6-7pm Jazzercise 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm	Aerobics 9:30-10:30am Gentle Yoga 9:30-10:30 am Zumba Toning 10:30-11:30 am Adult Tap Dance 6-7 pm Hatha Yoga 1 6-7pm Line Dance 7-8 pm Hath Yoga 2 7:15-8-15 Zumba Fitness 8-9pm	Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am	Head-to-Toe Body Toning 9-10 am Cardio Kickboxing Combo 10:05-11:05am Tai Chi Chu-an 11:15am- 12:45 pm Golf: Advanced Group Indoor 1:15-3:15pm
7	Tai Chi Chu'an 6:30-8 pm Social Ballroom Dance 6-7 pm Exploring Latin Dance 7-8 pm	workout w/ Pilates 6-7pm	Jazz Dance 6-7pm Jazzercise 6-7pm	Gentle Yoga 9:30-10:30 am Adult Tap Dance 6-7 pm Hatha Yoga 1 6-7pm Line Dance 7-8 pm Hatha Yoga 2 7:15-8:15 pm		
Spring Break for regular college classes. Zumba Fitness, Zumba Toning, Zumba Gold, Adult Hip Hop, Head to Toe Body Toning, Cardio Kickbox Combo and Saturday Tai Chi will not meet during this week.						
14	15	16	17	18	19	20
	Social Ballroom Dance 6-7 pm Exploring Latin Dance 7-8 pm Zumba Fitness 10:30-11:30 am Zumba Fitness 8-9pm Gentle Ex/Zumba Gold 9:30-10:30 am Tai Chi Chu'an 6:30-8 pm	Zumba Fitness 9:30-10:30 am Zumba Toning 10:30-11:30 am Advanced Tap 5:30-6:30 pm workout w/ Pilates 6-7pm	Gentle Ex/Zumba Gold 9:30-10:30 am Jazzercise 6-7pm Jazz Dance 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm	Aerobics 9:30-10:30am Gentle Yoga 9:30-10:30 am Zumba Toning 10:30-11:30 am New Session Adult Tap Dance 6-7 pm Hatha Yoga 1 6-7pm Line Dance 7-8 pm Hatha Yoga 2 7:15-8:15 pm Zumba Fitness 8-9pm	Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am	Head-to-Toe Body Toning 9-10 am Cardio Kickboxing Combo 10:05-11:05am Tai Chi Chu-an 11:15am- 12:45 pm Golf: Advanced Group Indoor 1:15-3:15pm
21	22	23	24	25	26	27
	Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am Social Ballroom Dance 6-7 pm Tai Chi Chu'an 6:30-8 pm Exploring Latin Dance 7-8 pm Zumba Fitness 8-9	Zumba Fitness 9:30-10:30am new session Zumba Toning 10:30-11:30 am Advanced Tap 5:30-6:30 pm workout w/ Pilates 6-7pm Belly Dancing 6:30-7:20pm	Gentle Ex/Zumba Gold 9:30-10:30 am Jazzercise 6-7pm Jazz Dance 6-7pm Zumba Toning 8-9pm New Session Adult Hip Hop 7-8	Gentle Yoga 9:30-10:30 am Aerobics 9:30-10:30am Zumba Toning 10:30-11:30 am Adult Tap Dance 6-7 pm Hatha Yoga 1 6-7pm Line Dance 7-8 pm Hatha Yoga 2 7:15-8:15 Zumba Fitness 8-9 New Session	Zumba Fitness 10:30-11:30 am Gentle Ex/Zumba Gold 9:30-10:30 am	Head-to-Toe Body Toning 9-10 am Cardio Kickboxing Combo 10:05-11:05am Tai Chi Chu-an 11:15am- 12:45 pm Golf: Advanced Group Indoor 1:15-3:15pm
28	29	30	31	Notes:		
	Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am New Session Social Ballroom Dance 6-7 pm Tai Chi Chu'an 6:30-8 pm Exploring Latin Dance 7-8 pm Zumba Fitness 8-9	Zumba Fitness 9:30-10:30 am Zumba Toning 10:30-11:30 am Advanced Tap 5:30-6:30 pm Belly Dancing 6:30-7:20pm	Gentle Ex/Zumba Gold 9:30-10:30 am Jazz Dance 6-7pm Jazzercise 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm			

Dance & Fitness Calendar - Winter 2010

April 2010

All classes meet in the gym except for classes highlighted in yellow which meet in D112.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:				1	2	3
				Aerobics 9:30-10:30am	Gentle Ex/Zumba Gold 9:30-10:30 am	No Classes
				Gentle Yoga 9:30-10:30 am	Zumba Fitness 10:30-11:30 am	
				Zumba Toning 10:30-11:30 am		
				Adult Tap Dance 6-7 pm		
				Hatha Yoga 1 6-7pm		
				Line Dance 7-8 pm		
				Hatha Yoga 2 7:15-8:15		
				Zumba Fitness 8-9pm		
4	5	6	7	8	9	10
	Gentle Ex/Zumba Gold 9:30-10:30 am	Zumba Fitness 9:30-10:30	Gentle Ex/Zumba Gold 9:30-10:30 am	Zumba Toning 10:30-11:30 am	Gentle Ex/Zumba Gold 9:30-10:30 am	Head-to-Toe Body Toning 9-10 am
	Zumba Fitness 10:30-11:30 am	Zumba Toning 10:30-11:30 am	Jazzercise 6-7pm	Gentle Yoga 9:30-10:30 am	Zumba Fitness 10:30-11:30 am	Cardio Kickboxing Combo 10:05-11:05am
	Social Ballroom Dance 6-7 pm	Advanced Tap 5:30-6:30 pm	Jazz Dance 6-7pm	Adult Tap Dance 6-7 pm		Tai Chi Chu-an 11:15am- 12:45 pm
	Tai Chi Chu'an 6:30-8 pm	Belly Dancing 6:30-7:20pm	Adult Hip Hop 7-8pm	Hatha Yoga 1 6-7pm		Golf: Advanced Group Indoor 1:15-3:15pm
	Exploring Latin Dance 7-8 pm		Zumba Toning 8-9pm	Line Dance 7-8 pm		
	Zumba Fitness 8-9			Hatha Yoga 2 7:15-8:15		
				Zumba Fitness 8-9pm		
				Aerobics 9:30-10:30am		
11	12	13	14	15	16	17
	Gentle Ex/Zumba Gold 9:30-10:30 am	Zumba Fitness 9:30-10:30	Gentle Ex/Zumba Gold 9:30-10:30 am	Gentle Yoga 9:30-10:30 am	Gentle Ex/Zumba Gold 9:30-10:30 am	Tai Chi Chu-an 11:15am- 12:45 pm
	Zumba Fitness 10:30-11:30 am	Zumba Toning 10:30-11:30 am	Jazzercise 6-7pm	Aerobics 9:30-10:30am	Zumba Fitness 10:30-11:30 am	Golf: Advanced Group Indoor 1:15-3:15pm
	Social Ballroom Dance 6-7 pm	Advanced Tap 5:30-6:30 pm	Jazz Dance 6-7pm	Zumba Toning 10:30-11:30 am New Session		
	Tai Chi Chu'an 6:30-8 pm	Belly Dancing 6:30-7:20pm	Adult Hip Hop 7-8pm	Adult Tap Dance 6-7 pm		
	Exploring Latin Dance 7-8 pm		Zumba Toning 8-9pm	Hatha Yoga 1 6-7pm		
				Line Dance 7-8 pm		
				Hatha Yoga 2 7:15-8:15		
				Zumba Fitness 8-9pm		
18	19	20	21	22	23	24
	Gentle Ex/Zumba Gold 9:30-10:30 am	Zumba Fitness 9:30-10:30 New Session	Gentle Ex/Zumba Gold 9:30-10:30 am	Aerobics 9:30-10:30am	Gentle Ex/Zumba Gold 9:30-10:30 am	Tai Chi Chu-an 11:15am- 12:45 pm
	Zumba Fitness 10:30-11:30 am	Zumba Toning 10:30-11:30 am New Session	Jazzercise 6-7pm	Zumba Toning 10:30-11:30 am	Zumba Fitness 10:30-11:30 am	
	Social Ballroom Dance 6-7 pm	Advanced Tap 5:30-6:30 pm	Jazz Dance 6-7pm	Adult Tap Dance 6-7 pm		
	Tai Chi Chu'an 6:30-8 pm	Belly Dancing 6:30-7:20pm	Adult Hip Hop 7-8pm	Line Dance 7-8 pm		
	Exploring Latin Dance 7-8 pm		Zumba Toning 8-9pm New Session	Zumba Fitness 8-9 New session		
	Zumba Fitness 8-9					
25	26	27	28	29	30	Notes:
	Gentle Ex/Zumba Gold 9:30-10:30 am	Zumba Fitness 9:30-10:30 am	Gentle Ex/Zumba Gold 9:30-10:30 am	Zumba Toning 10:30-11:30 am	Gentle Ex/Zumba Gold 9:30-10:30 am	
	Zumba Fitness 10:30-11:30 am New Session	Zumba Toning 10:30-11:30 am	Jazz Dance 6-7pm	Adult Tap Dance 6-7 pm	Zumba Fitness 10:30-11:30 am	
	Tai Chi Chu'an 6:30-8 pm	Advanced Tap 5:30-6:30 pm	Jazzercise 6-7pm	Line Dance 7-8 pm		
	Zumba Fitness 8-9	Belly Dancing 6:30-7:20pm	Adult Hip Hop 7-8pm	Zumba Fitness 8-9		
			Zumba Toning 8-9pm	Aerobics 9:30-10:30 am		

Dance & Fitness Calendar - Winter 2010

May 2010

All classes meet in the gym except for classes highlighted in yellow which meet in D112.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:						1 Tai Chi Chu-an 11:15am- 12:45 pm
2	3 Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am Tai Chi Chu'an 6:30-8 pm Zumba Fitness 8-9	4 Zumba Fitness 9:30-10:30 am Zumba Toning 10:30-11:30 am	5 Gentle Ex/Zumba Gold 9:30-10:30 am Jazzercise 6-7pm Adult Hip Hop 7-8pm Zumba Toning 8-9pm	6 Zumba Toning 10:30-11:30 am Adult Tap Dance 6-7 pm Zumba Fitness 8-9	7 Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am	8
9	10 Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am Tai Chi Chu'an 6:30-8 pm Zumba Fitness 8-9	11 Zumba Fitness 9:30-10:30 am Zumba Toning 10:30-11:30 am	12 Gentle Ex/Zumba Gold 9:30-10:30 am Adult Hip Hop 7-8pm Zumba Toning 8-9pm	13 Adult Tap Dance 6-7 pm Zumba Fitness 8-9	14 Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am	15
16	17 Gentle Ex/Zumba Gold 9:30-10:30 am Zumba Fitness 10:30-11:30 am Tai Chi Chu'an 6:30-8 pm Zumba Fitness 8-9pm	18 Belly Dancing 6:30-7:20pm	19	20	21	22
23	24	25 Belly Dancing 6:30-7:20pm	26	27	28	29
30	31	Notes:				