



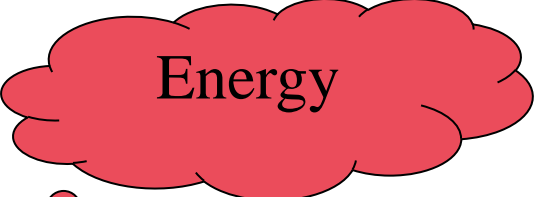
# Aerobics Schedule



As of 11 Jan 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cardio Dance * 1200-1300	JB MDL Runs 1200-1245	30-n-30 * 1200-1300			
	Strong by Zumba * 1730-1830	Toning with a Twist * 1730-1830		Spin 1830-1930		
Spin 1830-1930	Toning with a Twist * 1830-1930	Cardio Dance * 1830-1930				

**Classes with a \* are paid classes.  
Fees are \$3 per class**



FSS Fitness Center JB MDL McGuire

Monday—Friday 0500-2200

Saturday & Sunday 0900-1700

Holiday & Family Day 0900-1700

Phone: (609) 754-6085



**CARDIO DANCE** is a lively and vivacious dance workout that incorporates fitness elements to upbeat music while learning real dance techniques. You will sweat, tone & dance away stress also building confidence through Mia's motivation and passion! Adding her energy makes this class something you definitely won't regret trying!

**TONING WITH A TWIST** is a fun toning class put to music that includes some weights and other fitness equipment.

**JB MDL Runs** is a class that promotes cardio. Training rotates distance and speed training to improve your run time.

There will be obstacles.  
There will be doubters.  
There will be mistakes.  
But with hard work  
There will be  
SUCCESS

**STRONG by Zumba™** is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

The hardest step to  
fitness is the first. Take  
it now!

**30-n-30** is a High Intensity Interval Training style class. Mia will have you feeling strong like a super hero after you are done!

Small daily improvements are  
the key to staggering long-term  
results