

## Cross Lanes Nautilus Fitness Center

917 Cross Lanes Dr., Cross Lanes WV 25313 Phone# 776-5115

### Aerobics Schedule Starts Monday, March 15th

DAY/TIME	CLASS NAME	INSTRUCTOR	LEVEL
Monday 9:15-10:15am	Cardio Mix	Jodi	A, I
Monday 4:00-5:00pm	Cardio Light	Sandy F.	All levels
Monday 5:25-6:25pm	Zumba	Andrea	All levels
Monday 6:30-7:15pm	Butts and Guts	Michelle	All levels
Tuesday 6:15-7:00am	Jump Start	Trudy	A, I
Tuesday 5:30-6:25pm	Cardio Mix	Jodi	A,I
Wednesday 9:15-10:15am	Cardio Mix	Jodi	A, I
Wednesday 4:00-5:00pm	20 arms/ 20 legs/ 20 abs	Lindsey	All levels
Wednesday 5:30-6:30pm	Zumba	Andrea	All levels
Wednesday 6:35-7:35pm	Yoga/Pilates*	Alisha	All levels
Thursday 6:15-7:00am	Jump Start	Trudy	A, I
Thursday 6:30-7:30pm	Jump and Pump!	Michelle	All levels
Friday	Class has been canceled	until fall session	
<b>Saturday Classes</b>			
3/20/10 9:10-10:00am	Alisha	Boot Camp	A,I
3/27/10 9:15-10:15am	Jonell	Cardio Mix	All levels
4/3/10 9:15-10:15am	Trudy	Jump Start (moderate)	All levels
4/10/10 9:15-10:15am	Alisha	Boot Camp	All levels
4/17/10 9:15-10:15am	Lindsey	Cardio Light	All levels
4/24/10 9:15-10:15am	Jodi	Cardio Mix	A,I
5/1/10 9:15-10:15am	Trudy	Jump Start (moderate)	All levels
5/8/10 9:15-10:15am	TBA		All levels
5/15/10 9:15-10:15am	Trudy	Jump Start (moderate)	All levels
5/22/10 9:15-10:15am	Alisha	Boot Camp	A,I

\*There is a fee for these classes. You must sign up and pay in advance at the front desk.

### GREAT NEWS ZUMBA FANS!

We are now offering Zumba on Saturday's at 10:30am. The class will run through the end of this Spring. Instructed by Andrea!

**A-Advanced    I-Intermediate    B-Beginner    S-Seniors**