

Nautilus Cross-Training Schedule

2010

MONDAY, JUNE 28 - SUNDAY, JULY 4

	Day/Time	Class Name	Instructor	Location
Monday	6:15 a.m.	Spinning	Matt	CAMC
	9:00 a.m.	Low Gear	Cherie	Kanawha City
	5:30 p.m.	Spinning	Charissa	CAMC
	5:45 p.m.	Pump	Sousan	Kanawha City
	7:00 p.m.	Zumba	Jodi	YWCA
Tuesday	9:00 a.m.	55+ Aerobics	Sharon D.	YWCA
	9:45 a.m.	Zumba	Kim	Kanawha City
	4:40 p.m.	Give Me 30	Annette	YWCA
	5:30 p.m.	Zumba	Melea	YWCA
	5:30 p.m.	Spinning	Ralph	CAMC
	6:00 p.m.	Turbo Kick	Jess	CAMC
Wednesday	6:15 a.m.	Spinning	Kate	CAMC
	9:00 a.m.	Low Gear	Cherie	Kanawha City
	4:45 p.m.	Arms & Abs	Corey	YWCA
	5:45 p.m.	Pump	Trudy	Kanawha City
	7:00 p.m.	Zumba	Lynn	YWCA
Thursday	9:00 a.m.	55+ Aerobics	Sharon C.	YWCA
	9:45a.m.	Zumba	Kim	Kanawha City
	4:40 p.m.	Give Me 30	Annette	YWCA
	5:30 p.m.	NO SPINNING	TILL JULY 6	CAMC
	6:00 p.m.	Turbo Kick	Debbie	YWCA
Friday	6:15 a.m.	NO SPINNING	TILL JULY 6	CAMC
	9:00 a.m.	Low Gear	Cherie	Kanawha City
Saturday	8:30a.m.	NO SPINNING	TILL JULY 6	CAMC
	10:00 a.m.	Pump	Sousan	Kanawha City
	10:00 a.m.	Zumba	Jodi	YWCA
Sunday	5:45 p.m.	CLOSED FOR	4TH OF JULY	YWCA
	4:30 p.m.	CLOSED FOR	4TH OF JULY	YWCA

Schedule times and instructors are subject to change

Kanawha City
346-2801

CAMC
346-9145

YWCA
340-3550

Cross Lanes
776-5115