



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Kerr/Factory Group Fitness Beginner Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am Basics (Step or Toning) – Studio 1	12:00pm AOA Plus – Pool	8:00am Aqua Basics – Pool	9:00am Pilates 1 – Studio 1	8:30am Gentle Yoga – Studio 1	8:30am Beginning Yoga – Factory
9:00am Deep Water Basics – Pool	5:30pm Toning Basics – Studio 2	8:30am Beginning Yoga – Studio 1	10:35 Cardio/Tone Basics – Studio 2	12:00pm AOA Plus – Pool	9:00am Beginner Cycle – Studio 1 (alternating Saturdays)
11:05am Gentle Pilates – Studio 1	6:30pm Zumba-Gym	10:30am Zumba – Studio 2	12:00pm AOA Plus – Pool	9:30am Cardio/Tone Basics – Factory (alternating weeks)	
12:00pm AOA Plus – Pool		12:00pm AOA Plus – Pool	5:30pm Functional Fitness-Factory	10:35am Hula Hooping-Studio 2	
6:30pm Zumba- Factory		6:30pm Gentle Yoga – Factory			