

Aerobics Class Schedule for Cactus Fitness Center (Fall 2009)

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am -- 9:00am	Fit & Fabulous Intstructor: Romero 77256			Fit & Fabulous Intstructor: Romero 77257		
9:00am -- 10:00am	Low Impact Step Intstructor: Romero 77352	Totally Toning Intstructor: Romero 77397		Step Circuit Intstructor: Romero 77394		
10:00am -- 11:00am	Pilates Intstructor: Romero 77366					
11:00am -- 12:00pm						
12:00pm -- 1:00pm						
1:30pm -- 2:00pm						H.E.R.O. Instructor: Burch 77297
2:00pm -- 3:00pm						
3:00pm -- 3:45pm		Dance Craze 77239				
4:00pm -- 5:00pm		Hip Hop Dance 77299				
4:30pm -- 5:30pm	Pilates Intstructor: Romero 78000		Pilates Instructor: Alfraid 78005			
5:45pm -- 6:45pm			Max Tone & Fitness Instructor: Alfraid 77999			
6:00pm -- 7:00pm						
6:30pm -- 7:30pm	Salsa Instructor: Wong 77374					Registration only (No drop-in allowed)
7:00pm -- 8:00pm		Pilates Intstructor: Romero 77365		Pilates Intstructor: Romero 77364		Revised 9/14/09 C.C.

To register, please contact the Leisure Education Office at: (480) 312-7957