

# Appleton Papers Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pilates II		Pilates II		
Aerobic Mix Angela 5:45-6:30am	Wendy 5:30-6:15am	Aerobic Mix Angie 5:45-6:30am	Wendy 5:30-6:15am	Aerobic Mix Angie 5:45-6:30am	
BODYVIVE Connie 6:45-7:45am	Senior Walk Mary 7:30-8:00am		Senior Walk Mary 7:30-8:00am	BODYVIVE! Connie 6:45-7:45am	Pilates Wendy 7:00-7:45am
Aerobic Mix Jan 8:00-8:55am	Silver Sneakers I Mary 8:00-8:50am	Aerobic Mix Jan 8:00-8:55am	Silver Sneakers I Mary 8:00-8:50am	ZUMBA! Dana 8:00-9:00am	ZUMBA! Dana 8:00-9:00am
Cardio Sampler Connie 9:00-10:00am	Step Aerobics Laura 9:00-10:15am	Cardio Sampler Connie 9:00-10:00am	Step Aerobics Laura 9:00-10:15am	Cardio Sampler Kristina 9:00-10:00am	
BODYVIVE! Kristina 10:15-11:00am	PreDance	BODYVIVE! Kristina 10:15-11:00am		BODYVIVE! Jennifer/Kristina 10:15-11:00am	
	Pilates II Wendy 11:00-11:45am		Pilates II Wendy 11:00-11:45am		
Core Zone 11:30am		Core Zone 11:30am			
Aerobic Mix Kristina 12:00Noon-12:45	ZUMBA! Dana 12Noon-1:00pm	Aerobic Mix Kristina 12:00Noon-12:45	ZUMBA! Dana 12Noon-1:00pm	Aerobic Mix Jennifer 12:00Noon-12:45	
	Youth Ballet 4:15 Youth Tap 4:45		Pre Dance II 4:15 Sports Dance 4:45		
Pre Dance 4:30pm					
ZUMBA! Michelle 5:15-6:00pm	BODYVIVE! Sandy 5:30-6:30pm	ZUMBA! Michelle 5:15-6:00pm	BODYVIVE! Tessa 5:30-6:30pm		
	Twistnastics 7:00-8:00pm	Cardio Kickbox Sally 6:15-7:15pm			
		Adult Ballet Basics			

