

Class Information:

Check out our
aerobics class
descriptions on
the bulletin board
located outside the
aerobics room.

Instructor rotation
schedules are posted
in the aerobics
room.

Childcare Hours

Monday & Wednesday
8:00 AM -1:00 PM

Tuesday, Thursday & Friday
8:30 AM-1:00 PM

Monday-Thursday
4:30-8:30 PM

Saturday
8:00 AM-12:00 PM



4151 Remembrance Rd NW
Walker MI, 49534
(616) 735-6286
www.walkericeandfitness.com

WALKER ICE & FITNESS CENTER

Winter 2012 Aerobics Schedule

Schedule begins
January 9, 2012

Aerobic Punch Cards Available

\$60.00 for 11 Classes

Seniors: \$40.00 for 11 classes

Drop in Rate

\$7.00/ class

Seniors- \$4.00/class

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00-6:45 AM Total Body Workout Eva	6:00-6:45 AM SPINNING Anita	6:00-6:45 AM Boot Camp Lindsey	6:00-6:45 AM SPINNING Anita	6:00-6:45 AM Total Body Workout Anita		
8:00-8:45 AM TRX Deb	8:30-9:00 AM Core Training Eva	8:00-8:45 AM TRX Alaina	8:30-9:00 AM Core Training Eva	8:45-9:30 AM Butts & Gutts Eva	8:00-8:45 AM SPINNING Rotation	
8:45-9:30 AM Butts & Gutts Eva	9:00-9:30 AM Step Deb	8:45-9:30 AM SPINNING Eva	9:00-9:30 AM Step Deb	9:35-10:20 AM SPINNING Deb	9:00-10:00 AM PowerFlex Rotation	
9:30-10:30 AM SPINNING Alaina	9:30-10:30 AM PowerFlex Deb	9:30-10:30 AM Boot Camp Deb	9:30-10:30 AM PowerFlex Deb	10:30-11:15AM Low Impact Deb	10:00-11:00 AM Yoga Lindsey	
9:30-10:30 AM Boot Camp Eva	10:30-11:15 AM SilverSneakers I Deb	9:30-10:30 AM Yoga Kathy	10:30-11:15 AM SilverSneakers I Deb		11:00-11:45 AM TRX Rotation	
10:30-11:15 AM PiYo Eva	12:15-1:00 PM SPINNING Eva	10:30-11:15 AM SilverSneakers II Eva	12:15-1:00 PM PowerFlex Eva	12:15-1:00 PM TRX Circuit Alaina		12:00-1:00PM Turbo Kick Alaina/Hillary
10:30-11:15 AM SilverSneakers II Deb	12:15-1:00 PM Boot Camp Lyndsey	12:15-1:00 PM PowerFlex Eva	12:15-1:00 PM Total Body Workout Lyndsey		12:00-12:45 PM Zumba Rotation	
12:15-1:00 PM Total Body Workout Eva	5:00-5:45 PM TRX Circuit Deb	4:45-5:15 PM Butts & Gutts Eva	5:00-5:45 PM Turbo Kick Alaina	5:30-6:15 PM SPINNING Rotation		1:00-1:45 PM TRX Rotation
4:30-5:15 PM SPINNING Anita	5:45-6:30 PM SPINNING Deb	5:15-6:00 PM SPINNING Alaina	5:45-6:30 PM ZUMBA Teri			4:00-4:45 PM SPINNING Rotation
5:15-6:00 PM PowerFlex Anita	6:35-7:20 PM Turbo Kick Alaina	5:15-6:00 PM Boot Camp Eva	6:35-7:20 PM SPINNING Pilar			
6:00-6:45 PM TRX Rebecca	7:30-8:30 PM Yoga/Pilates Kathy	6:00-6:45 PM TRX Alaina/Hillary	7:30-8:30 PM Yoga Kathy			
6:45-7:30 PM Cardio Kick Pilar		6:45-7:45 PM ZUMBA Hillary				
7:35-8:30 PM ZUMBA Teri		7:45-8:30 PM Cardio Kick Pilar				

Walker Ice & Fitness Fall 2010 Aerobics Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00-7:00 AM PowerFlex Eva	6:00-6:45 AM SPINNING Anita	6:00-6:45 AM Quick Tone Eva	6:00-6:45 AM SPINNING Anita	6:00-7:00 AM PowerFlex Anita	8:00-8:45 AM SPINNING Rotation	
8:45-9:30 AM Butts & Gutts Eva	8:30-9:00 AM Core Training Eva	8:45-9:30 AM SPINNING Eva	8:30-9:00 AM Core Training Eva	8:45-9:30 AM Butts & Gutts Eva	9:00-10:00 AM PowerFlex Rotation	
9:30-10:30 AM SPINNING Alaina	9:00-9:30 AM Step Deb 9:30-10:30 AM PowerFlex Deb	9:30-10:30 AM Yoga Kathy	9:00-9:30 AM STEP Deb 9:30-10:30 AM PowerFlex Deb	9:35-10:20 AM SPINNING Deb	10:00-10:45 AM SilverSneakers I Rotation	11:15-12:00 SPINNING Deb
10:30-11:15 AM SilverSneakers II Cardio Circuit Eva	10:30-11:15 AM SilverSneakers I Deb	10:30-11:15 AM SilverSneakers II Cardio Circuit Eva	10:30-11:15 AM SilverSneakers I Deb	10:30-11:15 AM Cardio Low Deb	11:00-12:00 ZUMBA Rotation	12:00-1:00 PM Turbo Kick Alaina/Hillary
12:15-1:00 PM Quick Tone Eva	12:15-1:00 PM SPINNING Megan	12:15-1:00 PM PowerFlex Eva	12:15-1:00 PM SPINNING Eva	12:15-1:00 PM Xtreme Fit Alaina		4:00- 5:00 PM ZUMBA Stacey
4:30-5:15 PM SPINNING Anita	5:00-5:45 PM Butts & Gutts Deb	4:30-5:15 PM SPINNING Alaina	5:00-5:45 PM Turbo Kick Alaina	4:30-5:15 PM SPINNING Rotation	<div style="background-color: #cccccc; padding: 10px; text-align: center;"> <h2>Childcare Hours</h2> <p>Monday-Friday 8:30 AM - 1:00 PM</p> <p>Monday-Thursday 4:30-8:30 PM</p> <p>Saturday 8:00 AM-12:00 PM</p> </div>	
5:30-6:30 PM PowerFlex Anita	5:45-6:30 PM SPINNING Deb	5:30-6:30 PM PowerFlex Anita	5:45-6:30 PM ZUMBA Teri	5:30-6:30 PM ZUMBA Alaina		
6:30-7:30 PM Cardio Kick Pilar	6:35-7:20 PM Turbo Kick Alaina	6:30-7:30 PM ZUMBA Hillary	6:35-7:20 PM SPINNING Megan			
7:35-8:20 PM ZUMBA Alaina/Teri	7:30-8:30 PM Yoga/Pilates Kathy	7:30-8:15 PM SPINNING Beth	7:30-8:30 PM Yoga Kathy			