

Aerobics- A vigorous and complete workout designed to enhance cardiovascular fitness, muscular strength, and endurance.

Spin- An indoor group cycling class designed for all fitness levels. Motivate yourself with ultimate challenges.

Kickboxing- Features kickboxing techniques including punches, defensive drills, and combinations. Focuses on upper and lower muscle conditioning.

***Pilates-** Enjoy the benefits of this thorough flexibility training that focuses on breathing, relaxation, strengthening, and toning of the entire body.

***Yoga-** Enjoy the benefits of increased core strength and toning of the entire body along with improved flexibility, posture, concentration, endurance, and balance.

***Abs-** Serious abdominal exercises for 15 to 30 minutes.

***Tae-Bo-** A high-energy combination of karate, aerobics, boxing, dance, complete with pulsating music.

For any questions, call 639-6234.

* Will be done by videos.

Daniel's Family Fitness Center Aerobics Schedule

All Classes are FREE!!!

October 2004

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0600	Aerobics (Vivian)	Kickboxing (Lt. Verhegee)	Aerobics (Vivian)	Kickboxing (Lt. Verhegee)		
0800	Tae-Bo (Video)		Tae-Bo (Video)			
0900		Pilates (Video)		Pilates (Video)	Pilates (Video)	
0930	Aerobics (Video)		Aerobics (Video)			Spin (Jeania)
1140	Kickboxing (Video)	Aerobics (Lt. Verhegee)	Kickboxing (Video)	Aerobics (Lt. Verhegee)		
1200	Spin (Jeania)		Spin (Jeania)		Spin (Jeania)	
1400	Tae-Bo (Video)	Aerobics (Video)	Tae-Bo (Video)	Aerobics (Video)	Tae-Bo (Video)	
1600	Yoga (Video)	Abdominals (Video)	Yoga (Video)	Abdominals (Video)		
1700	Aerobics (Vivian)		Aerobics (Vivian)			
1800	Kickboxing (Video)	Aerobics (Video)	Kickboxing (Video)	Aerobics (Video)		
1830	Spin (Jeania)	Spin (Jeania)	Spin (Jeania)	Spin (Jeania)		

