



# Lowry Fitness Center

## Aerobic Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Classes				
	<b>UFTC Bootcamp</b> 5:00-6:00am		<b>UFTC Bootcamp</b> 5:00-6:00am	
	<b>Spin &amp; Trim</b> 6:00-6:45am		<b>Spin &amp; Trim</b> 6:00-6:45am	
	<b>SilverSneakers® MSROM</b> 7:30-8:00am		<b>SilverSneakers® MSROM</b> 7:30-8:00am	
<b>Slow &amp; Easy</b> 8:00-8:30am	<b>Slow &amp; Easy</b> 8:00-8:30am	<b>Slow &amp; Easy</b> 8:00-8:30am	<b>Slow &amp; Easy</b> 8:00-8:30am	<b>Slow &amp; Easy</b> 8:00-8:30am
<b>Zumba®</b> 8:45-9:45am	<b>Harrell Jackson's Fitness Fusion</b> 8:45-9:45am	<b>Spin &amp; Trim</b> 8:45-9:45am	<b>Harrell Jackson's Fitness Fusion</b> 8:45-9:45am	<b>Harrell Jackson's Quick Sculpt</b> 8:45-9:45am
<b>Aqua Fitness</b> 10:00am-11:00am		<b>Aqua Fitness</b> 11:00am-12:00pm		<b>Aqua Fitness</b> 11:00am-12:00pm
Evening Classes				<b>SATURDAY</b>
<b>Aqua Fitness</b> 5:30-6:30pm	<b>Aqua Fitness</b> 5:30-6:30pm	<b>Aqua Fitness</b> 5:30-6:30pm	<b>Aqua Fitness</b> 5:30-6:30pm	<b>UFTC Bootcamp</b> 7:00-8:00am
<b>Harrell Jackson's Fitness Fusion</b> 6:00pm	<b>Yoga/Pilates</b> 6:00-7:00pm	<b>Harrell Jackson's Fitness Fusion</b> 6:00pm	<b>Yoga/Pilates</b> 6:00-7:00pm	
<b>Spin &amp; Trim</b> 6:00-7:00pm		<b>Spin &amp; Trim</b> 6:00-7:00pm	<b>Spin &amp; Trim</b> 6:00-7:00pm	
<b>UFTC Bootcamp</b> 7:00-8:00pm	<b>Zumba®</b> 7:00-8:00pm	<b>UFTC Bootcamp</b> 7:00-8:00pm	<b>Zumba®</b> 7:00-8:00pm	
Bootcamp Classes				
<b>Harrell Jackson's Heavenly Bodies</b> Training Times and Days: Monday & Wednesday 7:00-8:00pm Tuesday & Thursday 5:00-6:00am Saturday 7:00-8:00am Bootcamp classes require additional fees Member Price: \$99.00 per 4 week session (early bird)				

Management reserves the right to adjust scheduled classes to fit the need of our members and instructor availability.

For comments or concerns, contact the Lowry Fitness Center - 409-643-5984