

AEROBICS



February

Sun	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
		1	2	3	4	5	
		8:00 a.m. Zumba 5:30 p.m. Circuit Aerobics 6:45 p.m. Zumba Melodye Zahn	9:15 a.m. MSROM/ Cardio Circuit Justin Scott 6:30 pm Indoor Cycling Kristie Sanders	8:00 a.m. Zumba 5:30 p.m. Circuit Aerobics Melodye Zahn 6:30 p.m. Boxing Fitness- Adults 6:45 p.m. Zumba Melodye Zahn	9:15 a.m. MSROM/ Cardio Circuit Justin Scott	9:30 am Indoor Cycling Kristie Sanders	
6	7	8	9	10	11	12	
	9:15 a.m. MSROM/ Cardio Circuit 5:30 p.m. Circuit Aerobics 5:00 p.m. Boxing Fitness 2 6:30 p.m. Boxing Fitness- Adults 6:45 p.m. Body Sculpting	8:00 a.m. Zumba 5:30 p.m. Circuit Aerobics 6:45 p.m. Zumba Melodye Zahn	9:15 a.m. MSROM/ Cardio Circuit Justin Scott 6:30 pm Indoor Cycling Kristie Sanders	8:00 a.m. Zumba 5:30 p.m. Circuit Aerobics Melodye Zahn 6:30 p.m. Boxing Fitness- Adults 6:45 p.m. Zumba Melodye Zahn	9:15 a.m. MSROM/ Cardio Circuit Justin Scott	9:30 am Indoor Cycling Kristie Sanders	
13	14	15	16	17	18	19	
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20	21	22	23	24	25	26	
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27	28	<div data-bbox="487 1764 1055 1911" data-label="Text"> <p>500 Garfield St. McMinnville, TN 37110 Phone: 473-1212 Fax: 473-1214 Email: www.mcminnparks@mcminnvilletenn.com Website: www.mcminnvilletenn.com</p> </div>		<div data-bbox="1096 1711 1534 1858" data-label="Text"> <h2>February</h2> </div>			
	9:15 a.m. MSROM/ Cardio Circuit 5:30 p.m. Circuit Aerobics 5:00 p.m. Boxing Fitness 2 6:30 p.m. Boxing Fitness- Adults 6:45 p.m. Body Sculpting	<div data-bbox="487 1932 1323 1974" data-label="Text"> <p>All classes held in the Aerobics Room at the McMinnville Civic Center</p> </div>					