

Weekly Schedule



MON

8:00 am - Jazzercise
4:30 pm - Jazzercise
5:45 pm - Jazzercise

TUES

9:15 am - Jazzercise
5:30 pm - Melina's Zumba Dance Party*
5:30 pm - Kheila's Cardio Drumming**
6:45 pm - Jazzercise
8:00 pm - Swing Dancing

WED

8:00 am - Jazzercise
4:30 pm - Jazzercise
5:45 pm - Jazzercise

THUR

9:15 am - Jazzercise
10:30 am - Wiggle Worm Playtime
5:45 pm - Jazzercise

FRI

8:00 am - Jazzercise
7:00 pm - Young Adults Night
(meets one Friday per month)

SAT

9:15 am - Jazzercise

SUN

5:45 pm - Jazzercise

*Zumba: Tuesdays Sept. 12 - Oct. 10

**Cardio Drumming: Tuesdays Oct. 17 - Nov. 14

*Zumba: Tuesdays Nov. 21 - Dec 19