AEROBICS ROOM CALENDAR

emeraldisle PARKS & RECREATION

Got questions?
252.354.6350
www.emeraldisle-nc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2012 **Yearly Memberships** EI Taxpayer Ind $100 EI Taxpayer Fam $150 Non-Resident Ind $300 Non-Resident Fam $450	Apr 30 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	1 Cardio Dance 8am Body Sculpt 9am Yoga 10am Tabata 5:30pm	2 Zumba® 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	3 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 6pm Inter (Blue belt & up) 7pm Adv (Green & up) 8pm	4 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 4:30pm	5 Gentle Karate 9am Yoga 10am
Short -term Memberships Per Person Daily $7 Weekly $25 Monthly $35	7 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Zumba® 5:30pm	8 Cardio Dance 8am Body Sculpt 9am Yoga 10am Tabata 5:30pm	9 Zumba® 8am Yoga as Therapy 9am Zumba® 5:30pm	10 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 6pm Inter (Blue belt & up) 7pm Adv (Green & up) 8pm	11 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am ~~Zumba® 4:30pm~~	12 Gentle Karate 9am Yoga 10am
EIPRD HOURS Mon-Fri 8am to 9pm Sat 9am to 4pm Sunday Closed **Aerobics & Tabata**: $1 Members $5 Non-members	14 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	15 Cardio Dance 8am Body Sculpt 9am Yoga 10am Tabata 5:30pm	16 Zumba® 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	17 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 6pm Inter (Blue belt & up) 7pm Adv (Green & up) 8pm	18 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am ~~Zumba® 4:30pm~~	19 Gentle Karate 9am Yoga 10am
Gentle Yoga & Yoga: $2 Members $7 Non-members All levels welcome! Hatha style yoga taught by certified instructors.	21 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	22 Cardio Dance 8am Body Sculpt 9am Yoga 10am Tabata 5:30pm	23 Cardio Sculpt 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	24 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 6pm Inter (Blue belt & up) 7pm Adv (Green & up) 8pm	25 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am ~~Zumba® 4:30pm~~	26 Gentle Karate 9am Yoga 10am
Yoga as Therapy: $5 Members $10 Non-members All levels welcome! Taught by a yoga certified physical therapist.	28 **CLOSED** 	29 Cardio Dance 8am Body Sculpt 9am Yoga 10am Tabata 5:30pm ***BEGIN CLOSING AT 8:00PM**	30 Zumba® 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	31 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 5:45pm Inter & Adv 6:45pm	June 1 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am ~~Zumba® 4:30pm~~	June 2 Gentle Karate 9am Yoga 10am