

AEROBICS ROOM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 2010 Laura Lee Davis 7500 Emerald Dr. Emerald Isle, NC 28594  Fruit & Veggie Month	30 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	31 Cardio Dance 8am Body Sculpt 9am Yoga 10am	1 Step Aerobics 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	2 Step Aerobics 8am Yoga 9am Kids (8-12) Karate 4:45pm Beg Karate (13 & up) 5:45pm Intermediate Karate 6:45pm	3 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 5:30pm	4 Yoga 10am
Parks & Recreation winter hours are: Mon-Fri 8am to 9pm Sat 9am to 4pm	6 CLOSED!	7 Cardio Dance 8am Body Sculpt 9am Yoga 10am	8 Step Aerobics 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	9 Step Aerobics 8am Yoga 9am Kids (8-12) Karate 4:45pm Beg Karate (13 & up) 5:45pm Intermediate Karate 6:45pm	10 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 5:30pm	11 Yoga 10am
<u>Aerobics Fees:</u> \$1 Members \$5 Non-members	13 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	14 Cardio Dance 8am Body Sculpt 9am Yoga 10am	15 Step Aerobics 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	16 Step Aerobics 8am Yoga 9am Kids (8-12) Karate 4:45pm Beg Karate (13 & up) 5:45pm Intermediate Karate 6:45pm	17 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 5:30pm	18 Yoga 10am Karate Make-Up 2pm
<u>Yoga as Therapy</u> \$5 Members \$10 Non-members All levels welcome! Taught by a yoga certified physical therapist.	20 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	21 Cardio Dance 8am Body Sculpt 9am Yoga 10am	22 Step Aerobics 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	23 Step Aerobics 8am Yoga 9am Kids (8-12) Karate 4:45pm Beg Karate (13 & up) 5:45pm Intermediate Karate 6:45pm	24 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 5:30pm	25 Yoga 10am
<u>Gentle Yoga & Yoga</u> \$2 Members \$7 Non-members All levels welcome! Hatha style yoga taught by certified instructors.	27 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	28 Cardio Dance 8am Body Sculpt 9am Yoga 10am	29 Step Aerobics 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	30 Step Aerobics 8am Yoga 9am Kids (8-12) Karate 4:45pm Beg Karate (13 & up) 5:45pm Intermediate Karate 6:45pm	Oct 1 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 5:30pm	Zumba® is now being offered on Friday nights at 5:30pm. Join the party!