



Aerobics Room Calendar

October 2019

Got questions
252-354-6350

www.emeraldisle-nc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Yearly Memberships: EI Taxpayer Ind. \$150 EI Taxpayer Family \$200 Non-Resident Ind. \$350 Non-Resident Family \$500</p> <p>Short-term Memberships <u>Per person:</u> Daily \$10-Weekly \$30 Monthly \$50</p>	<p>Sept. 30 Step Aerobics 8am (C) Yoga as Therapy: 9:15 am Small Group Strength Training 10:30-11:30am* Lunchtime Yoga 12-1pm (DJ) Pound@ 4:15pm Tabata 5:30pm Dynamic Duo Karate -6:45pm</p>	<p>1 K-Dub Dance 8am Kickboxing 9am Yoga 10am (KB) Yoga 4:15pm (DJ) Tabata 5:30pm Line Dance 6:30pm</p>	<p>2 Zumba® 8am Yoga as Therapy: 9:15 am Small Group Strength Training 10:30-11:30am* PILATES 4:15pm (L) Pound® 5:30pm KARATE FOCUS/Open Ranks 6:45pm</p>	<p>3 Step Aerobics 8am (C) Yoga 9am (M) S.A.F.E./Women's Self-Defense 10:20am-11:20am Karate Classes: 5pm-7pm Brown & Black Belt 7pm-8pm</p>	<p>4 Old School Aerobics (Hi/Lo & Strength)8am (ME) H.I.I.T. 9:15am Yoga 10:30 am (L)</p>	<p>5 S.A.F.E./Women's Self-Defense 9am Gentle Yoga 10:15am (M)</p>
<p><u>Aerobics, Pound@, Pilates, Tabata & Zumba®</u></p> <p>\$1 Members \$5 Non-members S.A.F.E./ Retransitions \$2 Members \$5 Non-members</p>	<p>7 Step Aerobics 8am (C) Yoga as Therapy: 9:15 am Small Group Strength Training 10:30-11:30am* Lunchtime Yoga 12-1pm (DJ) Pound@ 4:15 Tabata 5:30pm Dynamic Duo Karate -6:45pm</p>	<p>8 K-Dub Dance 8am Body Sculpt 9am Yoga 10am (KB) Yoga 4:15pm (DJ) Tabata 5:30pm Line Dance 6:30pm</p>	<p>9 Zumba® 8am Yoga as Therapy: 9:15 am Small Group Strength Training 10:30-11:30am* PILATES 4:15pm (L) Pound® 5:30pm KARATE FOCUS/Open Ranks 6:45pm</p>	<p>10 Step Aerobics 8am (C) Yoga 9am (M) S.A.F.E./Women's Self-Defense 10:20am-11:20am Karate Classes: 5pm-7pm Brown & Black Belt 7pm-8pm</p>	<p>11 Zumba® 8am(ME) H.I.I.T. 9:15am Yoga 10:30 am (DP)</p>	<p>12 S.A.F.E./Women's Self-Defense 9am Gentle Yoga 10:15am (LJ) Room Reserved 1pm -3pm</p>
<p>* Fitness Program taught by personal trainer Gentle Yoga & Yoga: \$2 Members \$7 Non-members All levels welcome! Hatha style yoga taught by certified instructors.</p>	<p>14 Step Aerobics 8am (C) Yoga as Therapy: 9:15 am Small Group Strength Training 10:30-11:30am* Lunchtime Yoga 12-1pm (DJ) Pound@ 4:15 Tabata 5:30pm Dynamic Duo Karate -6:45pm</p>	<p>15 K-Dub Dance 8am Body Sculpt 9am Yoga 10am (KB) Yoga 4:15pm (DJ) Tabata 5:30pm Line Dance 6:30pm</p>	<p>16 Zumba® 8am Yoga as Therapy: 9:15 am Small Group Strength Training 10:30-11:30am* PILATES 4:15pm (L) Pound® 5:30pm KARATE FOCUS/Open Ranks 6:45pm</p>	<p>17 Step Aerobics 8am (C) Yoga 9am (DJ) S.A.F.E./Women's Self-Defense 10:20am-11:20am Karate Classes: 5pm-7pm Brown & Black Belts 7pm-8pm</p>	<p>18 Old School Aerobics (Hi/Lo & Strength)8am (ME) 20/20/20 8am (M) H.I.I.T. 9:15am ex Yoga-10:30 am (L)</p>	<p>19 S.A.F.E./Women's Self-Defense 9am Gentle Yoga 10:15am (LJ)</p>
<p>Yoga as Therapy: \$5 Members \$10 Non-members All levels welcome! Taught by certified physical therapist</p>	<p>21 Step Aerobics 8am (C) Yoga as Therapy 9:15am Small Group Strength Training 10:30-11:30am* Lunchtime Yoga 12-4pm ex Pound@ 4:15 Tabata 5:30pm Dynamic Duo Karate -6:45pm</p>	<p>22 K-Dub Dance 8am Body Sculpt 9am Yoga 10am (KB) Yoga 4:15pm (L) Tabata 5:30pm Line dance 6:30pm</p>	<p>23 Zumba® 8am Yoga as Therapy: 9:15 am Small Group Strength Training 10:30-11:30am* PILATES 4:15pm (L) Pound® 5:30pm KARATE FOCUS/Open Ranks 6:45pm</p>	<p>24 Step Aerobics 8am (C) Yoga 9am (L) S.A.F.E./Women's Self-Defense 10:20am-11:20am Karate Classes: 5pm-7pm Brown & Black Belt 7pm-8pm</p>	<p>25 Zumba® 8am (ME) H.I.I.T. 9:15am Yoga-10:30 am (L)</p>	<p>26 S.A.F.E./Women's Self-Defense 9am Gentle Yoga 10:15am (LJ)</p>
<p>Hours of Operation: Mon-Fri 8am-9pm Sat. 9am-4pm Sun. closed Rev. 09/26/19</p>	<p>28 Step Aerobics 8am (C) Yoga as Therapy: 9:15 am Small Group Strength Training 10:30-11:30am* Lunchtime Yoga 12-4pm ex Pound@ 4:15 Tabata 5:30pm Dynamic Duo Karate -6:45pm</p>	<p>29 K-Dub Dance 8am Body Sculpt 9am Yoga 10am (KB) Yoga 4:15pm (DJ) Tabata 5:30pm Line Dance 6:30pm</p>	<p>30 Zumba® 8am Yoga as Therapy: 9:15 am Small Group Strength Training 10:30-11:30am* PILATES (L) 4:15pm Pound® 5:30pm KARATE FOCUS/Open Ranks 6:45pm</p>	<p>31 Step Aerobics 8am Yoga 9am (M) S.A.F.E./Women's Self-Defense 10:20am-11:20am Karate Classes: 5pm-7pm Brown & Black Belts 7pm-8pm</p>	<p>Nov. 1 20/20/20 8am H.I.I.T. 9:15am Yoga-10:30am (L)</p>	<p>Nov. 2 S.A.F.E./Women's Self-Defense 9am Gentle Yoga 10:15am (LJ)</p>