

# Aerobics Room Calendar

## June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Yearly Memberships:</u>            EI Taxpayer Ind. \$150            EI Taxpayer Family \$200            Non-Resident Ind. \$350            Non-Resident Family \$500</p>			<p>1            Zumba® 8am            Pound® 9:30 (K)             Yoga 1pm (C)</p>	<p>2  <del>Step Aerobics 8am (D)</del>            Yoga 9am (M)             Pilates 5:30pm (L)            Karate Class:            6:30-7:30pm</p>	<p>3            Fab, Fit + Fun 8am (M)            Yoga 9:15am (DJ)</p>	<p>4            Gentle Yoga 9am (DJ)             S.A.F.E. / Karate            10:15am-12:15</p>
<p><u>Short-term Memberships:</u>  <u>Per person:</u>            Daily \$10            Weekly \$30            Monthly \$50</p>	<p>6            Fab, Fit + Fun,            extra strength 8am (M)             Tabata 5:30pm (K)</p>	<p>7 H.I.I.T 8am (E)            Empower: Self-Defense            Tactics for Women            9:15am            Tabata 5:30pm (E)            Adult Karate class:            6:30-7:30pm</p>	<p>8            Zumba® 8am            Pound® 9:30 (K)             Yoga 1pm (C)</p>	<p>9            Step Aerobics 8am (D)            Yoga 9am (M)             Pilates 5:30pm (L)            Karate class:            6:30-7:30pm</p>	<p>10            Fab, Fit + Fun 8am (M)</p>	<p>11            Gentle Yoga 9am (C)             S.A.F.E. / Karate            10:15am-12:15</p>
<p><u>Aerobics:</u>            \$1 Members            \$5 Non-members  <u>Gentle Yoga &amp; Yoga:</u>            \$2 Members            \$7 Non-members</p>	<p>13            Fab, Fit + Fun,            extra strength 8am (M)             Tabata 5:30pm (K)</p>	<p>14            Empower: Self-Defense            Tactics for Women            9:15am            Tabata 5:30pm (E)            Adult Karate class:            6:30-7:30pm</p>	<p>15            Zumba® 8am            Pound® 9:30 (K)             Yoga 1pm (C)</p>	<p>16            Step Aerobics 8am (D)            Yoga 8am (gymnasium)             Pilates 5:30pm (L)            Karate class:            6:30-7:30pm</p>	<p>17            Fab, Fit + Fun 8am (M)</p>	<p>18  <del>Gentle Yoga 9am (DJ)</del>             S.A.F.E. / Karate            10:15am-12:15</p>
<p><u>S.A.F.E.</u>            \$5 Members            \$10 Non-members  <u>Karate&amp;Self-Defense:</u>            Taught by personal instructor            For details visit:  <a href="https://www.emeraldisle-nc.org/karate">https://www.emeraldisle-nc.org/karate</a></p>	<p>20            Fab, Fit + Fun,            extra strength 8am (M)             Tabata 5:30pm (K)</p>	<p>21 H.I.I.T. 8am (E)            Empower: Self-Defense            Tactics for Women            9:15am            Tabata 5:30pm (E)            Adult Karate class:            6:30-7:30pm</p>	<p>22            Zumba® 8am            Pound® 9:30 (K)             Yoga 1pm (M)</p>	<p>23  <del>Step Aerobics 8am (D)</del>            Yoga 8am (gymnasium)             Pilates 5:30pm (L)            Karate class:            6:30-7:30pm</p>	<p>24            Fab, Fit + Fun 8am (M)</p>	<p>25  <del>Gentle Yoga 9am (DJ)</del>             S.A.F.E. / Karate            10:15am-12:15</p>
<p><u>Hours of Operation:</u>            Mon-Fri 7:30am-7:30pm            Sat. 8:30am-3pm            Sun. closed             Rev. 5/24/2022</p>	<p>27            Fab, Fit + Fun,            extra strength 8am (M)             Tabata 5:30pm (K)</p>	<p>28            Empower: Self-Defense            Tactics for Women            9:15am            Tabata 5:30pm (E)            Adult Karate class:            6:30-7:30pm</p>	<p>29            Zumba® 8am            Pound® 9:30 (K)             Yoga 1pm (M)</p>	<p>30            Step Aerobics 8am (D)            Yoga 8am (gymnasium)             Pilates 5:30pm (L)            Karate class:            6:30-7:30pm</p>		