



# Aerobic Schedule

(at CrossPoint Church)

	Monday	Tuesday	Wednesday	Thursday
9:00-10:00am		<b>Active Older Adults</b> Luretha Gilbert		<b>AOA</b> Luretha Gilbert
5:00-6:00pm			<b>Yoga</b> Ashley Simons	
5:30-6:30pm	<b>Step 1</b> Carol Davis			
6:00-7:00pm		<b>Line Dancing</b> (In sanctuary)	<b>Combo Cardio</b> Stevie Wright	
7:00-8:00pm	<b>Combo Cardio</b> Stevie Wright	<b>Anything Goes!</b> Verne Fortson		<b>Anything Goes!</b> Verne Fortson
8:00-9:00pm				<b>Zumba</b> Devon Poore



Aerobic classes are FREE with your membership and are for members only.

