**Colston Family Wellness Center February 2018 Aerobics Schedule**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** |
| **6:30am** |  | Water Aerobics  -Melissa | Water Aerobics  -Melissa | Water Aerobics  -Melissa | Water Aerobics  -Melissa | Water Aerobics  -Melissa |  |
|  |  |  |  |  |  |  |
| **7:45am** |  | Strength &  Conditioning  -Melissa | Strength &  Conditioning  -Melissa | Strength &  Conditioning  -Melissa | Strength &  Conditioning  -Melissa |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **9:00a.m.** |  | Zumba Low  Impact- Esme |  | Zumba Low  Impact- Esme |  | Zumba Low  Impact- Esme |  |
|  |  |  |  |  |  |  |
| **10:00am** |  | Mommy Strong-Alyssa |  |  |  |  |  |
| **10:30am** |  |  |  |  |  |  |  |
|  |  | SilverSneakers  -Eddie |  | SilverSneakers  -Eddie |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **5:30pm** |  | Strength  & Conditioning  -Melissa | A.) Strength &  Conditioning  -Melissa | A.) Strength &  Conditioning  -Melissa | A.) Strength &  Conditioning  -Melissa |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **6:30pm** |  |  |  |  |  |  |  |
|  | Zumba- Elda | Zumba- Elda | Zumba- Elda | Zumba- Elda |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**Hours: Mon-Fri- 5:30am-8:00pm**

**Saturday- 8:00am-12:00noon Phone #: 361-595-9409**