



george brown sports club

February Fresno Aerobic Schedules

Monday

Cycle
5:45-6:45 AM - Jacinda
SCWT (meet on treadmills)
8:30-10:00 AM - Rhonda
Zumba
10:00-11:00 AM - Jenifer
Power Sculpt
11:00-12:00 PM - Ashley D.
Kettlebell
5:30-6:30 PM - Taylor
Cardio Kickboxing/Sculpt
6:30-7:30 PM - Bree
Yoga
7:30-8:30 PM - Christine

Tuesday

Power Sculpt
5:30-6:30 AM - Jacinda
Kickbox Circuit
9:00-10:00 AM - Cynde
Power Sculpt
10:00-10:30 AM - Cynde
Zumba
10:30-11:30 AM - Jennifer D.
Zumba
4:30-5:30 PM - Stephanie
Cycle
5:30-6:30 PM - Michael
Pilates
6:30-7:30 PM - Ashley

Wednesday

Cycle/Abs
5:45-6:45 AM - Michael
SCWT (meet on treadmills)
8:30-10:00 AM - Rhonda
Zumba
9:30-10:30 AM - Heidi
Power Sculpt
11:00-12:00 PM - Ashley D.
Zumba
4:30-5:30 PM - Jennifer J.
Kettlebell
5:30-6:30 PM - Taylor
Cardio Kickboxing/Sculpt
6:30-7:30 PM - Bree
Hatha Yoga
7:30-8:30 PM - Christine

Thursday

Power Sculpt
5:30-6:30 AM - Shaylyn
Kickbox Circuit
9:00-10:00 AM - Cynde
Power Sculpt
10:00-10:30 AM - Cynde
Zumba
10:30-11:30 AM - Jennifer D.
Zumba
4:30-5:30 PM - Jennifer D.
Cycle
5:30-6:30 PM - Lisa
Pilates
6:30-7:30 PM - Ashley
Zumba
7:30-8:30 PM - Stephanie

Friday

Cycle/Abs
5:45-6:45 AM - Lisa
SCWT (meet on treadmills)
8:30-10:00 AM - Rhonda
Cycle
8:30-9:15 AM - Mike P.
Power Pilates
9:30-10:30 AM - Ashley
Zumba
10:30-11:30 PM - Stephanie
Power Sculpt
12:00-1:00 PM - Ashley D.
Yoga
6:30-7:30 PM - Nancy

Saturday

Cycle
7:45-8:45 AM - Mike P.
Kickboxing
9:00-10:00 AM - Cynde
Resist-A-Ball/Abs
10:00-10:30 AM - Cynde
Hatha Yoga
10:30-11:30 AM - Sonny

Sunday

Yoga
9:30-10:30 AM - Christine
Sculpt
10:30-11:30 AM - Ashley D.