

## HELFAER REC CENTER Variety Fridays 1pm in Aerobics Room

Friday, Feb.26th	Adelle	Zumba
Friday, March 5 <sup>th</sup>	Nicole	Cardio attack
Friday, April 16th	Adelle	Zumba

## HELFAER REC CENTER Variety Fridays 4pm in Aerobics Room

Date	Instructor	Class
Friday, Feb. 19 <sup>th</sup>	Rachelle	Zumba
Friday, Feb. 19 <sup>th</sup>	Heather R.	Spin
Friday, Feb.26th	Heather R.	Dance Aerobics (LYBW)
Friday, Feb.26th		Spin?
Friday, March 5 <sup>th</sup>	Amy	Spin
Friday March 5 <sup>th</sup>	Paula	Dance Aerobics
Friday, March 26 <sup>th</sup>	Rob	Body Sculpt
Friday, March 26 <sup>th</sup>		Spin?
Friday, April 9 <sup>th</sup>	Rachelle	Zumba
Friday, April 9 <sup>th</sup>	Amy	Spin?
Friday, April 16 <sup>th</sup>	Rachelle	Zumba
Friday, April 16 <sup>th</sup>	Amy Lee	Spin
Friday, April 23 <sup>rd</sup>	Anne R.	Cardio Party
Friday, April 23 <sup>rd</sup>	Tommy H.	Spin
Friday, April 30 <sup>th</sup>	Adelle	Zumba
Friday, April 30 <sup>th</sup>		Spin?

