



# Fall Class Schedule 2010



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6 am Morning Class Aerobic Room	Bench Aerobics Barbara Juarez	Spin (Stationary Bike) Don Ligocki	Bench Aerobics Barbara Juarez	Spin (Stationary Bike) Don Ligocki	Bench Aerobics Barbara Juarez
12 pm		Outdoor Conditioning Don Ligocki		Outdoor Conditioning Don Ligocki	
12 pm Noon Class Aerobic Room	Spin (Stationary Bike) Lenae Sisco	Functional Strength Lenae Sisco	Spin (Stationary Bike) Lenae Sisco	Functional Strength Lenae Sisco	Low Impact Aerobics Darren Phair
5 pm Evening Class Aerobic Room		Aerobic Conditioning Shaleena Bertram		Aerobic Conditioning Shaleena Bertram	
6 pm Evening Class Aerobic Room		Martial Arts Bob Stallings 2 hour class 1 <sup>st</sup> hr. kid 2 <sup>nd</sup> adults		Martial Arts Bob Stallings 2 hour class 1 <sup>st</sup> hr. kid 2 <sup>nd</sup> adults	

**SATURDAY 8:30 AM POWER YOGA w/Ann Dunphy      SUNDAY 10 AM YOGA w'M. Delzell**

For any questions call the Lummi Fitness Center at (360) 384-2274 or Email Don Ligocki at donl@ lummi-nsn.gov