Pembroke Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
5:30 –6:30 AM **Cardio Combat** Bruno	5:30 –6:30 AM **Strength and Speed** Bruno	5:30 –6:30 AM **Endurance Enhancement** Bruno	5:30 –6:30 AM **Thrasher Thursday** Bruno	
8:00-9:00 AM **Water Aerobics** Bruno	7:00-8:00 AM **Water Aerobics** Bruno	8:00-9:00 AM **Water Aerobics** Bruno	7:00-8:00 AM **Water Aerobics** Bruno	
9:30-10:30 AM **Light Aerobics** Bruno		9:30-10:30 AM **Line Dancing** Mary Lee	8:30-9:00 AM **Line Dancing** Mary Lee	
11:00 AM-12:00 PM **Sit & Fit** Obi		11:00 AM-12:00 PM **Sit & Fit** Bruno	9:00-10:00 AM **Line Dancing** Mary Lee	11:00 AM-12:00 PM **Sit & Fit** Obi/Shawn
4:00– 5:00 PM **Line Dancing** Mary Lee	4:30-5:00 PM **AB Attack** Obi	4:30-5:30 PM **Let's Ride** Brittany	5:00-5:30 PM **HIIT** Shawn	
5:00-5:30 PM **AB Attack** Obi	5:00-6:00 PM **Fit & Fab** Obi	5:30-6:30 PM **Let's Ride** Brittany	5:30-6:00 PM **HIIT** Shawn	
5:30-6:30 PM **Fit & Fab** Obi				
6:30-7:30 PM **Spartan** Obi	6:00-7:00 PM **Water Aerobics** Shawn	6:30-7:00 PM **Let's Ride** Brittany	6:00-7:00 PM **Water Aerobics** Obi	

UNC HEALTH Southeastern

Spots are limited for Let's Ride. Call 910-521-4777 to reserve your spot in class