

# St. Gabriel Community Center

1400 Gordon Simon Leblanc Drive  
225.642.9873

## Aerobic/Fitness Schedule

<i>Day of Week</i>	<i>Class</i>	<i>Time</i>
Monday	Kickbox, Core & More	5:00-6:00 p.m.
Monday	Aquatic Zumba	6:00-7:00 p.m.
Tuesday	Tai-Ji-Quan	8:30-9:30 a.m.
Tuesday	Water Aerobics	9:30-10:30 a.m.
Tuesday	Strength to Strength (Aerobics)	5:00-6:00 p.m.
Wednesday	Step By Step/Tone to Tone	5:00-6:00 p.m.
Wednesday	Aquatic Zumba	6:00-7:00 p.m.
Thursday	Tai-Ji-Quan	8:30-9:30 a.m.
Thursday	Aquatic Aerobics	9:30-10:30 a.m.
Thursday	Light-Weight LeanOut/Lower Body Training	5:00-6:00 p.m.