



David L. Bodenhamer Center

310 W 19th Ave
 Gulf Shores, Al. 36542
 251-968-4420

Floor Aerobics Schedule

\$5 per class: \$30 per month FREE with full membership

Mon	7:30AM	Senior Aerobics	Thurs	8:00AM	Gentle Yoga
	8:30AM	Cardio Combo Step		9:00AM	Pilates
	9:30AM	Strength & Conditioning		11:00AM	Beginning Yoga
	5:30PM	Cardio Combo		12:00PM	Intermediate Yoga
Tues	8:00AM	Gentle Yoga	Fri	7:30AM	Senior Aerobics
	9:00AM	Pilates		8:30AM	Cardio Combo Step
	11:00AM	Beginning Yoga		9:30AM	Strength & Conditioning
	12:00PM	Intermediate Yoga			
	4:15 PM	Strength & Conditioning			
	5:30PM	20/20/20			
Wed	7:30AM	Senior Aerobics	Sat	8:15AM	Pilates
	8:30AM	Cardio Combo Step		9:15AM	Cardio Step
	9:30AM	Strength & Conditioning		10:15AM	Yoga
	5:30PM				

Meet Beth Mayton

Beth has been involved with group fitness for over 25 years. She is certified with American Council on Exercise (ACE) since 1995. She also has certifications in yoga, Pilates, water and spin instruction. Originally from the Tuscaloosa area Beth has lived in Gulf Shores for 9 years. You're sure to get a good workout when participating in one of her high energy classes.

