

MONDAY			
7:00	HIIT	Pam	LR
8:30	Cardio Wake-Up	Anie	LR
9:20	Strength (30)	Eric	LR
9:50	Stretch (30)	Eric	LR
9:30	Pilates	Pam	GYM
10:30	SS Yoga	Vivian	GYM
11:00	Low Impact/Sculpt Int.	Jane	LR
11:30	Tabata Express	Vivian	GYM
12:00	Adult Ballet (80)	Marianne	LR
12:00	Pilates	Jane	SR
1:30 #	Feel Better Yoga (90) #	Elizabeth	LR
4:30	Pilates	Pam	LR
5:30	Zumba	Carmen	LR
TUESDAY			
8:15	Circuit	Pam	WR
8:30	ZUMBA	Anie	LR
9:00	Morning Jump Start	Pam	GYM
10:00	SS Classic	Christina/Pam	GYM
10:30	Tabata Express (30)	Martha	LR
11:00	Gentle Pilates	Martha	LR
12:00 #	Cardio Dance #	Kathie	LR
12:00	Gentle Flow Yoga	Martha	GYM
1:00	Advanced Tai Chi	Erin	LR/Outside
4:30	Weight Room Circuit	Ela	WR
5:30	Adult Ballet (60)	Lynn	LR
5:30	Intro To Boxing (60)	Coach Wayne	SR
6:30	Zumba	Carmen	LR
WEDNESDAY			
7:00	HIIT	Pam	LR
8:30	Cardio Wake-Up	Anie	LR
9:00	Pilates	Pam	GYM
9:20	Strength (30)	Eric	LR
9:50	Stretch (30)	Eric	LR
10:00	SS Classic	Christina	GYM
12:00	Adult Ballet (80)	Marianne	LR
3:00	Yoga Stretch (60)	Elizabeth	LR

4:30	Pilates	Pam	LR	
5:30	Step	Vivian	LR	
6:30	ZUMBA	Anie	LR	
THURSDAY				
8:15	Circuit	Pam	WR	
8:30	ZUMBA	Anie	LR	
9:00	Morning Jump Start	Pam	GYM	
10:00	SS Classic	Carolyn	GYM	
11:00	Low Impact & Core	Martha	LR	
12:00	Gentle Flow Yoga	Martha	GYM	
1:00	Beginner Tai Chi	Erin	LR/Outside	
12:00 #	Cardio Dance #	Kathie	LR	
4:30	Weight Room Circuit	Ela	WR	
5:30	Floor Barre	Marianne	SR	
5:30	Step Interval	Jane	LR	
6:30	ZUMBA	Anie	LR	
6:30 #	Feel Better Yoga (90) #	Elizabeth	SR	
FRIDAY				
7:00	HIIT	Pam	LR	
8:30	ZUMBA	Anie	LR	
9:20	Strength (30)	Eric	SR	
9:50	Stretch (30)	Eric	SR	
9:30	SS Classic	Betsey	LR	
9:30	Pilates (60)	Pam	GYM	
10:30	LaBlast Dance	Christina	SR	
11:00	Tabata Express (30)	Martha	LR	
11:30	Gentle Pilates	Martha	LR	
12:45	Tai Chi	Michele	GYM/Outside	
SATURDAY				
9:00	Step	Vivian	LR	
9:50	Sculpt & Stretch	Lisa	LR	
10:00	ZUMBA	Anie	SR	
10:45	Yoga (90)	Charles	LR	
11:00	Intro to Boxing (60)	Coach Wayne	SR	
Sunday	4:00	ZUMBA	Anie	LR

NEW CLASSES

You must be fully vaccinated to attend these classes.

**Weight Room Orientation Sessions with
Pam: Sat. 9:00 a.m.**

Please contact the front desk to sign-up.

**YOGA with Mary – ZOOM – Thursday 5:30
– 6:30 p.m.**

Meeting ID 88501323431 Passcode: 5:30

All Classes are 45 minutes UNLESS noted.