

<b>MONDAY</b>			
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 (60)	Marianne	LR
1:00	Adult Ballet ext. (20)	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
<b>TUESDAY</b>			
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
<b>WEDNESDAY</b>			
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 (60)	Marianne	LR

3:00	Yoga Stretch (60)	Elizabeth	LR
4:30	Pilates	Pam	LR
5:30	Step	Vivian	LR
6:30	ZUMBA	Anie	LR
<b>THURSDAY</b>			
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
<b>FRIDAY</b>			
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
<b>SATURDAY</b>			
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
<b>Sunday</b>	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.**