

IN PERSON & VIRTUAL GROUP EXERCISE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective
11.18.2020

MONDAY

SPINNING
Heidi
5:30am

BEG PILATES
Carol
9:15am

SENIOR CIRCUIT
Carol
10:30am

TUESDAY

STT
SCOTT
5:30am

STRENGTH & BALANCE
JOCELYN
8:30am

SPINNING
MIRA
6:00pm

WEDNESDAY

SPINNING
SCOTT
5:30am

CHAIR YOGA
PAT
9:00am

BOOTCAMP
THAEA
6:00pm

YOGA FLOW
WENDY S
6:00pm

THURSDAY

STT
SCOTT
5:30am

SENIOR CARDIO
Tanya
8:30am

ZUMBA
CARLA
6:00pm

SPINNING
HEIDI
6:00pm

FRIDAY

SPINNING
Scott
5:30am

SENIOR CARDIO
Tanya
8:30am

SATURDAY

SPINNING
HEIDI
8:15am

STT
TANYA
9:30am

SUNDAY

KEY:

LOCATION:

- Indoor classes are limited to the first 12 participants

IN PERSON INSIDE	GROUP EX B/C
IN PERSON INSIDE	GYMNASIUM
IN PERSON INSIDE	WHEELER ROOM