



GROUP WELLNESS SCHEDULE

September 1 - September 30

Please arrive 5 minutes early to class.

KEY	
*	Registration Required
	New Class/Instructor
★	Beginners Welcome!
	PILOT CLASS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Wellness Studio One						
6:00-7:00 AM Bootcamp (DeOnte)	8:15-9:15 AM Zumba@ (Marla)	8:00-9:00 AM Cardio Strength (Johnny)		6:00-7:00 AM Bootcamp (DeOnte)	8:30-9:30 AM Zumba@ (Aya)	10:05-11:15 AM All Levels Yoga (Jenni)
8:00-9:00 AM Cardio Strength (Deb) ★	9:30-10:30 AM Tai Chi (Nancy)	9:15-10:15 AM Active Older Adults Cardio (Lindsey)	9:15-10:15 AM Tai Chi (Nancy)	8:00-9:00 AM Cardio Strength (Deborah)	9:45-10:45 AM Step & Strength (Laurel) ★	11:15-12:00PM Meditation (Jenni) ★
9:15-10:15 AM Active Older Adults Cardio (Cindy) ★	10:45-11:45 AM Active Older Adults Circuit (Philomena) ★	10:30-11:30 AM Active Older Adults Strength (Deb) ★	10:30-11:30 AM Mat Pilates (Pam) ★	9:15-10:15 AM Active Older Adults Cardio (Lindsey) ★		12:15-1:15 PM Zumba@ (Marla/Kristyna) ★
10:30-11:30 AM Active Older Adult Strength (Philomena) ★	12:00-1:00 PM Active Older Adults Strength (Philomena) ★	12:00-1:00 PM Cardio Strength (Melissa) ★	1:30-2:30 Active Older Adults Strength (Philomena) ★	10:30-11:30 AM Active Older Adult Strength (Deb) ★		
12:00-1:00 PM Zumba (Hani) ★	5:45-6:45 PM Zumba@ (La'Chelle) ★	5:45-6:45 PM WOMENS' ONLY Strength & Conditioning (Staff) ★	5:45-6:45 PM Zumba@ (Lynne D) ★	5:30-6:30 PM Zumba@ (Marla/Ashley) ★		
7:00-8:00 PM Zumba@ (Lesley)	7:00-8:00 PM Strength and Conditioning (Jen)	7:00-8:00 PM Zumba@ (Lesley) ★	7:00-8:00 PM Zumba@ Toning (Marla)	6:45-7:45 PM Above the Barre (Emily F)		
Group Wellness Studio Two						
					8:15-9:15 AM Cycle (Tom) ★	
	10:30-11:30 AM Mat Pilates (Pam) ★			10:45-11:45 AM Cardio Strength (Melissa)		
	4:00-5:00 PM Family Recreation - Adaptive (Sammie)					
6:00-8:00 PM Fit Kids (Family Programs)	5:30-6:30 PM Above the Barre (Emily)	6:00-8:00 PM Fit Kids (Family Programs)				
	6:45-7:45 PM Cycle (Staff) ★		6:45-7:45 PM Cycle (Diane)			
Reflection Studio						
	7:00-8:00 AM Mat Pilates (Deb)		7:00-8:00 AM Mat Pilates (Deb)			
9:30-10:45 AM Yoga Pilates Fusion (Jenni) ★	8:15-9:15 AM Stretching (Deb) ★	9:30-10:45 AM Beginner Yoga (Jenni) ★	8:15-9:15 AM Stretching (Deb) ★			
	9:30-10:45 AM Active Older Adults Yoga (Jenni) ★		9:30-10:45 AM Active Older Adults Yoga (Jenni) ★			
	11:15-12:15 PM AOA Chair Yoga (Bonnie) ★		11:15-12:15PM AOA Chair Yoga (Bonnie) ★			
5:30-6:45 PM Vinyasa Yoga (Emily F)		5:45-7:00 Beginner Yoga (Jenni) ★	4:00-5:15 PM Beginner Yoga (Jenni) ★			
7:00-8:00 PM Restorative Yoga (Emily F) ★		7:15-8:15 PM Women's Only Yoga (Jenni) ★	6:45-8 PM All Levels Yoga (Emily F)	5:30-6:30 PM Restorative Yoga (Emily F) ★		

