

SEPTEMBER GROUP FITNESS

MONDAY		
9:00 - 10:00	DANCE	Tara
10:00 - 10:45	Toning	Tara
10:45 - 11:30	Easy Yoga	Tara
11:40 - 12:10	Stabiliity	Bayley
12:10 - 1:00	Chair Yoga	Bayley
1:15 - 2:15	**Arthritis Program	Marcia
5:15 - 6:15	Kick - HIIT	Amy

TUESDAY		
9:00 - 10:00	Step Aerobics	Tara
10:00 - 11:00	Latin Dance	Danise
11:00-12:00	Intro to Yoga	Bayley
12:10 - 1:10	Chair Volleyball	
1:15 - 2:00	Silver Sneakers	Barbara
5:00 - 6:00	Dance & Tone Cross Party	Tanya
6:00 - 6:30	DeStress Yoga	Rebe

WEDNESDAY		
8:00 - 9:00	TABATA	Tara
9:00 - 10:00	Latin Dance	Danise
10:00 - 11:00	TNT	Rebecca
11:00 - 12:00	Traditional Yoga	Jaime
12:10 - 12:50	Strength and Movement	Missy
1:15 - 2:15	** Arthritis Program	Marcia
5:30 - 6:30	Midweek Rejuvenation Yoga	Rebe

THURSDAY		
8:00 - 8:30	Wake Up Yoga	Tara
8:30 - 9:00	Coralates	Tara
9:00 - 10:00	Cardio/Weight Intervals	Tara
10:00 - 11:00	Strength Worx	Bayley
11:00 - 12:00	Yin Yoga	Bayley
12:00 - 1:00	Chair Volleyball	
1:10 - 2:00	Silver Sneakers	Barbara
5:15 - 6:15	Zumba	Tanya

FRIDAY		
9:00 - 10:00	Dance & Tone Cross Party	Alicia
10:00 - 11:00	Restorative Yoga	Alicia
11:10 - 11:40	Chair Yoga	Bayley
11:40 - 12:10	Stability	Bayley
12:10 - 12:50	Strength and Movement	Bayley
1:00 - 2:00	Chair Volleyball	

SATURDAY		
9:00 - 10:00	Warrior Cardio	Lisa
10:00 - 11:00	Strength Worx	Bayley
11:00 - 12:00	Yoga	Susan

**** Arthritis Program is open to men**

Modifications shown in all classes.

Classes are taken in a chair

Childcare available 9:00 - 12:00 and 4:00 - 6:30

Watch Facebook for Possible Class Cancellations